

Personal Development Checklist

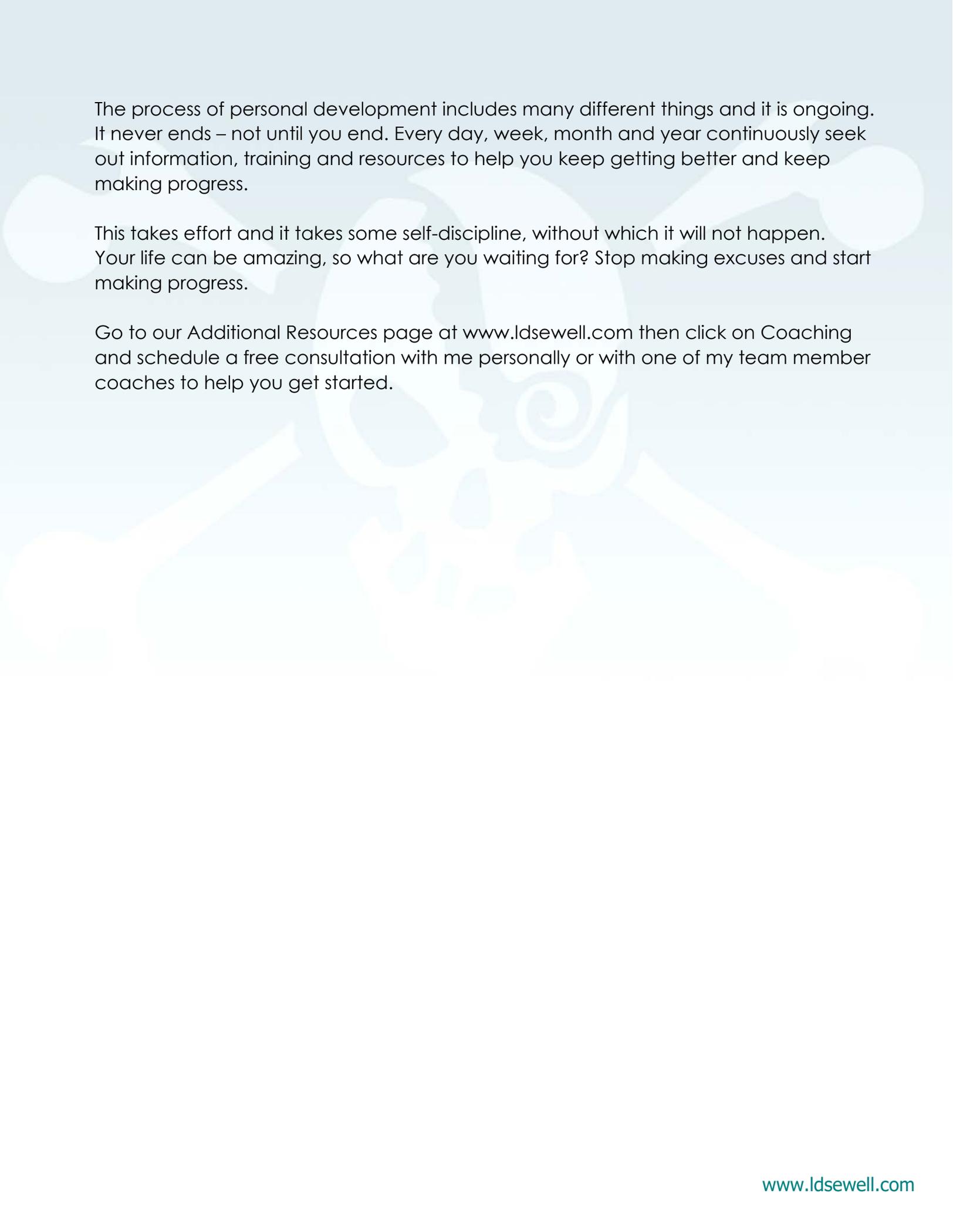
To get the most out of life you must start with getting the most out of yourself. To put it another way, you need to intentionally and continuously work to become a better version of YOU.

Every area of your life is interconnected and interrelated. It all matters. Some areas though, are more urgent than others and while that generally starts with your personal mindset, your vision and goals, time and task management, how you produce your income – the work you do whether that is as an employee or business owner – and how you manage and control your income and expenses.

Beyond that there are your personal and work relationships, your personal fitness and stress management and all other areas of your life. You get to decide where to start and what is most important – but you will need to address every area if you want to build yourself the best life possible and be able to maintain it.

The following are all things to consider using in order to help you accomplish your goals and continuously improve. Many of these items are covered in more detail in our other checklists and guides as well as through our courses, coaching and other resources.

- Think deeply about what you really want
- Then clarify your vision
- Set specific goals
- Complete your Self Assessment
- List needs
- Evaluate resources
- Get information and training
- Identify your priorities
- Develop your plans
- Use a Task Management System
- Take consistent action
- Get a coach
- Measure and evaluate progress
- Adjust as necessary
- Manage your money effectively (Use a PFMS)



The process of personal development includes many different things and it is ongoing. It never ends – not until you end. Every day, week, month and year continuously seek out information, training and resources to help you keep getting better and keep making progress.

This takes effort and it takes some self-discipline, without which it will not happen. Your life can be amazing, so what are you waiting for? Stop making excuses and start making progress.

Go to our Additional Resources page at www.ldsewell.com then click on Coaching and schedule a free consultation with me personally or with one of my team member coaches to help you get started.