



Worksheet 4

What is personal development based on?

Perhaps you want to make a change, but you never know where to start. Maybe you are overwhelmed by all the changes you want to make. Or maybe you're excited about the changes at first, but over time you lose sight of your goal. If any of these sentences apply to you, a personal development plan can become an extremely useful tool for you.

Personal development is much more than reading self-help books. Behind personal development is primarily the motivation to improve your life and become a better version of yourself. Only this motivation and faith in its fulfillment can lead to actions supporting it, causing real, positive changes.

The most important part of personal development is self-awareness.

You also need a healthy mindset that encourages you to make positive changes, instead of believing that you have no control over your life and only react to what happens to you.

My beliefs about me:

I am

I am

I am



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