

A smiling man with a beard, wearing a plaid shirt over a white t-shirt, is the background of the entire page. The image is slightly faded to allow text to be read clearly.

A GUIDE TO PERSONAL DEVELOPMENT

What It Is and How to Practice It

MYPRACTICECOUNSELLING.COM.AU

MYND

Welcome to MYND Practice

Hi There!

MYND Practice was founded to help our emotionally crippled society heal by providing compassion, communication, and a sense of belonging. We are dedicated to social change that helps bring about initiatives that better people's lives.

MYND Practice believes it can make a difference in the way society approaches mental health, helping to create a more stable, happier, and fulfilled society.

MYND Practice has been dedicated to fulfilling its mission of inspiring and giving people hope by assisting them in making positive changes in their health, relationships, businesses, and finances.

Counselling isn't just about making a bad life good, but making a good life great. It's about building a brighter future for yourself and your loved ones. Our single focus is helping you achieve what's most important to you.

Jonathan Riley

MYND PRACTICE FOUNDER

Hi, I'm Jonathan Riley. I have dedicated my life to the field of mental health as a writer, educator, counsellor, and speaker.

No matter where you are on life's journey, you are welcome here.



Introduction

"Happiness is an inside job"

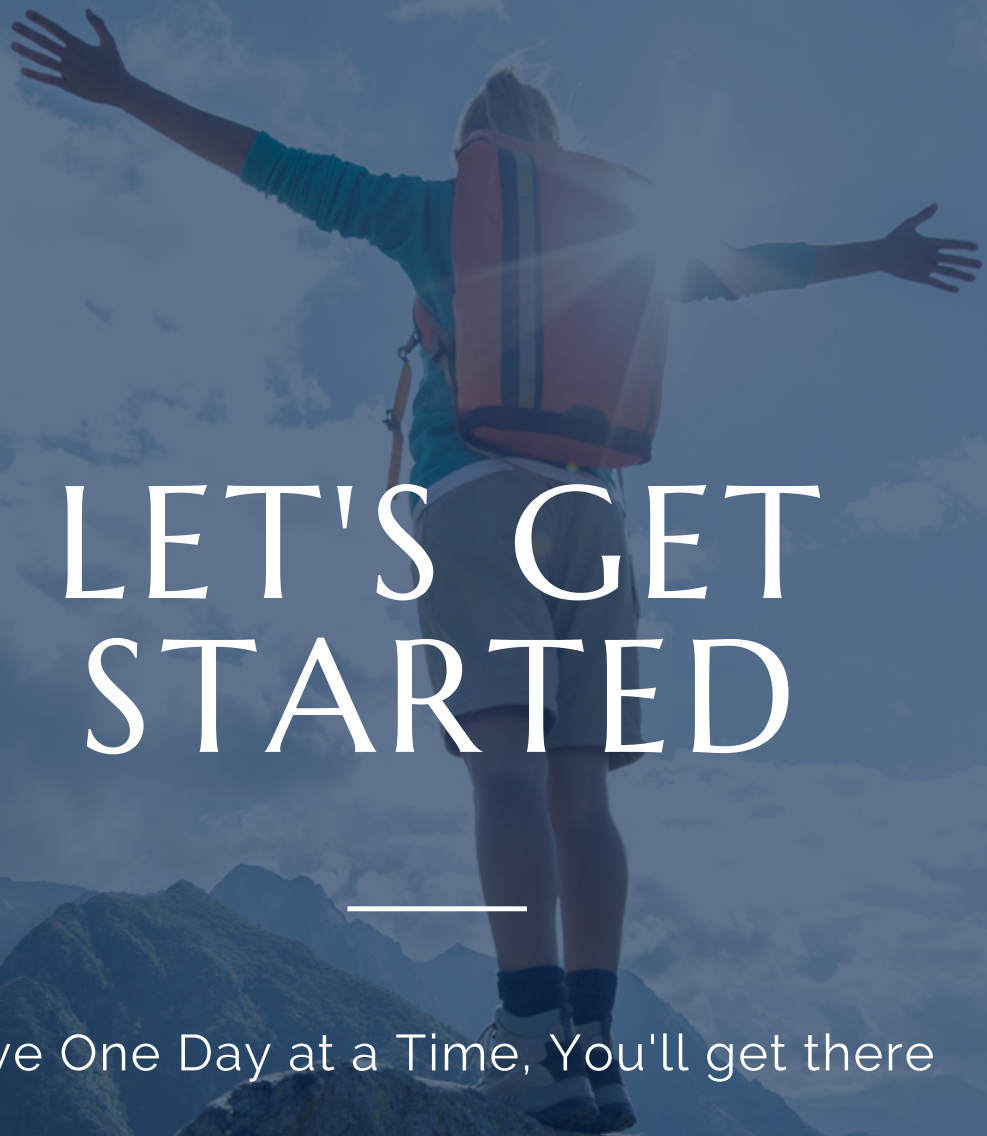
← Both.

The purpose of this workbook is to help you create a personal development plan for your personal growth. While the workbook may be helpful, you can also see a therapist or counsellor who can help you make much faster progress with your personal development.

There are a number of things that are vital in supporting your personal development plan. These include developing a vision of where you want to be and planning how you are going to get there. This workbook is a tool to help you map out what you want to change so you can actually make it happen.



My Practice Counselling



LET'S GET STARTED

Live One Day at a Time, You'll get there

MYND PRACTICE

Personal Growth Assessment

		YES	NO
1	I have a clear sense of what's important to me?	<input type="checkbox"/>	<input type="checkbox"/>
2	I admit my mistakes and know that setbacks can be learned from?	<input type="checkbox"/>	<input type="checkbox"/>
3	Most of my work involves things I enjoy doing?	<input type="checkbox"/>	<input type="checkbox"/>
4	People think of me as an optimist?	<input type="checkbox"/>	<input type="checkbox"/>
5	I am realistic about my strengths and weaknesses?	<input type="checkbox"/>	<input type="checkbox"/>
6	I enjoy taking on new challenges?	<input type="checkbox"/>	<input type="checkbox"/>
7	I take care of my mind and body?	<input type="checkbox"/>	<input type="checkbox"/>
8	I am clear about my purpose in life?	<input type="checkbox"/>	<input type="checkbox"/>
9	I have problems I cannot solve?	<input type="checkbox"/>	<input type="checkbox"/>
10	I am dissatisfied with my job and personal life?	<input type="checkbox"/>	<input type="checkbox"/>
11	I wish I could change the past?	<input type="checkbox"/>	<input type="checkbox"/>
12	I seek out opportunities to learn and grow?	<input type="checkbox"/>	<input type="checkbox"/>

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*"Don't go
through life,
grow through
life."*

ERIC BUTTERWORTH



What Is Personal Development?

In order to have a prosperous life and a bright future, personal development is a must. Personal development is the process of improving oneself through conscious habits and activities. It is the pursuit of personal growth to enhance your quality of life and to achieve your dreams and aspirations.

Focusing on your personal development also gives you better decision-making abilities so you can avoid problems that may have plagued you in the past or are holding you back now. At the end of the day, personal development helps you create more positivity and harness the power of positive thoughts, which can transform your life.

Any time you are consciously making an effort to improve yourself, you are participating in personal development. You can improve your chances of success in life by investing time and energy into your own personal and professional development.



The Importance of a Personal Development Plan

What you think about is what you become. From the moment you wake until the moment you close your eyes at the end of the day, everything you experience plays a factor in your development. When you take greater control over your experiences, you are able to guide your personal development and accelerate toward what you want to become instead of leaving it to chance.

When you create a personal development plan, you start to define the kind of person you want to be, skills you want to have, and accomplishments you want to achieve. Then, you map out your long-term and short-term goals to realise these aspirations and set timelines for when you want to reach them. Many people underachieve in their careers because they do not realise the areas of personal development that can help achieve mastery in any field.

Developing personal development goals for work can make the difference between success and failure. Creating a personal development plan for your life can mean the difference between lifelong happiness and regret.

Pursuing Your Personal Development Goals

Setting, striving for, and meeting personal development goals opens up a world of new possibilities for you to increase your quality of life. As a result of creating and following your personal development plan, you set to improve your character, skills and capabilities. This growth could qualify you for a better career trajectory to increase your overall happiness, job satisfaction, and ability to provide for the life you want for you and your family.





Personal Development vs Self Improvement

Recognising the difference between self-improvement and personal development can be a little tricky. While they are similar in that they are both very instrumental in achieving your goals and improving yourself, there are key differences between a self-improvement plan and a personal development plan.

Personal development is the work you do on a daily basis to transform yourself. It's the efforts you're making to advance in your work, lifestyle, attitude, physique, and sociability.

Setting personal development goals helps you take full advantage of any opportunity that may come your way and make the most of your potential. Self-improvement is an inner transformation. It is a self-motivated study in which one seeks to improve one's character, status, or knowledge through one's own efforts. Self-improvement is a lifelong process of constantly searching for ways to change your habits so you can reach your fullest potential. The specific efforts you put into personal development lead to self-improvement.

Why Make a Personal Development Plan?

The reason you need a personal development plan is that making a plan will help guide you to better decision-making and remind yourself of where you want to go. In other words, good preparation increases the probability of success and decreases the risk of things going wrong along the way. Creating a plan for personal development helps you get a better sense of control over your life and will make you better prepared for whatever comes your way.



Benefits of a PDP

- It brings your vision to reality.
- It ensures you take appropriate and logically planned action.
- It helps you manage your time better to achieve your goals.
- It tracks progress to keep you going when you want to quit.
- It lowers stress, improves life balance, and boosts self-confidence.



The 14 day Personal Development Challenge



We hope that the daily personal development questions we have prepared for you will assist you in getting started on your journey.

Each day, you will be presented with new questions to think about, each of which will explore the concept from a different perspective and help you delve deeper into your personal development. The purpose of these questions for personal development is to encourage you to take a step back, examine your life, and discover new insights about yourself. During the next two weeks, we want to challenge you to set aside 5 to 10 minutes of your day to think about the questions.

The process of personal development can teach you to appreciate the positive aspects of your life and grow stronger as a result of adversity. Personal development gives you a sense of purpose, leads to more fulfilling relationships, shifts your perspective, and helps you in reaching your goals.

Day 1 - Getting Started

Welcome to the first day of your personal development crash course. These are just some basic, introductory activities to get your "personal development" thinking off the ground.

- Write 3-5 sentences on the one area in your life you want to work on the most (and explain why).

- For a short confidence booster, list 5 things you like about yourself and reflect on times in your life when you exhibited those characteristics.

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- Do you believe you are a good person. That you deserve happiness and success in our life.

Day 2: Identify Core Values

PD 2 Values

Our core values are the things in life that we really live for and make us happy. Knowing your values is one of the first real steps toward building a happy and successful life.

- List 6 of your core values in life.

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- Name one small thing you can do each day to fulfill each of these core values.

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- Choose one of those small things and do it today.

- Write 2-3 sentences reflecting on the small thing you did. How did it make you feel? Happy? Is this something you can continue to do in the future to fulfill this value?

Day 3: Practice Reframing Beliefs

Reframing beliefs is the ability to take a negative or destructive belief and then change your perspective on it in a way that makes it more positive and helpful.

- List 3 negative beliefs you have about yourself.

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- Think about how these negative beliefs make you feel. Challenge each of those beliefs. How might they be wrong? Can you think of any examples when they weren't true?

- Reframe those 3 negative beliefs into something more positive and realistic & write 3-5 sentences describing the "ideal you."

Day 4: Discover a Passion

Q cad.

Finding something to be passionate about is a huge motivator of happiness and success. We often need something that drives us deep-down in order to find fulfillment in our lives.

- Name 8-10 things (interests/hobbies/jobs) that you really enjoy.

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- If you're having any trouble, try to think of activities you used to enjoy as a child, or try to imagine something in your life that you can't live without. These are often signs of something that we have a true passion for.

- Ideally, we would like to be able to apply this passion at a professional level and make it into a lucrative career. But that's not always possible, so sometimes just pursuing a passion on the side is enough.

- Try to find 20-30 minutes today to do something you really love.

Day 5: Focus on Positive Relationships

Our relationships play a big role in our lives. We can't ignore the importance of having loyal, supportive, and positive people to surround ourselves with.

- Who are 3 role models you look to for inspiration?

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- Name 3 positive people in your life who give you love and inspiration.

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- Reach out to these 3 people in your life and see how they are doing. Even just a small conversation shows you are thinking about them and you appreciate them.

- Spend 10-15 minutes to reflect on all the relationships in your life. Which have a positive influence on you? Which are more negative and may need fixing?

Day 6: Learn from Failure

Pain and failure is often an unfortunate but necessary part of personal development. We can't push ourselves to the next level unless we challenge ourselves, make mistakes, and learn from those mistakes.

- Write 3-5 sentences about a time in your life where you made a big mistake or failed at something. Write about the event in a non-judgmental way.

- Write 3-5 sentences about something positive you can learn from the experience. How might it make you a better person in the long-term

- Remind yourself that every failed experience can have something valuable in it. Instead of trying to ignore these failures or beat yourself up over them, practice being honest about them and using them as motivation to improve yourself into the future.

Day 7: Reflect on Your Accomplishments

Personal development can always feel like it's about pushing forward, but sometimes the most powerful thing we can do is reflect on all the things we've already accomplished in life. While pursuing our goals, it's important not to lose sight of how far we may have already come.

- List 3-5 of some of your main accomplishments in life so far.

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- Choose your accomplishments above and write a sentence on how you worked toward that goal and how good it felt once you made it.

- How might these past success stories motivate your goals in the future? What have you learned from them?

Day 8: Express Creativity

Creativity allows us to make meaning in our lives and express our thoughts and feelings in a way that we don't always get the chance to. I believe everyone should have some kind of creative activity that they practice on a regular basis.

- Name 1-3 creative activities you like to do:

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- Name 1-3 creative activities that you would like to try:

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- Choose one of the creative activities from above and spend 20-30 minutes indulging in that activity.

- Write 3-5 sentences explaining how you feel after your creative session. Is this something you should do more often?

Day 9: Make a Plan to Achieve a Big Goal

Being able to plan for the future is a huge component to long-term success and happiness. We should always try to have big goal in mind that we are working toward.

- Name 1 big goal in your life right now (something that will take several months or years to accomplish).

- Write a rough outline of the steps it would take to achieve this goal. Try to name at least 5-7 stepping stones it would take before you get to this goal.

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- Name 1-3 things you could start today to get you closer to this goal.

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- Writing a rough outline for your goals can be tremendously helpful in getting your mind geared toward the future. If you have a big goal in mind that you currently don't have time for, just write a short outline and save it somewhere for later use.

Day 10: Keep Gradual Progress in Mind

All big goals are a series of smaller goals. Having success in mind is important, but taking small actions toward success is just as essential.

- Name 3-5 things you do on a daily basis that you are continuously making progress in.

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- Name 3-5 things you would like to start making more progress in.

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- Remember that we don't change completely, or all at once, but we change in parts. Some periods of our life are focused on improving one particular dimension in our life, while other periods are more focused on another dimension.

- Repeat these affirmations 5 times each.

- *"I am changing in small ways each and every day."*
- *"A journey of a thousand miles starts with one step."*
- *"I focus on progress, not perfection."*

Day 11: Educate Yourself

Education is an important part of a growing mind. Just because you graduated high school or college doesn't mean you should stop reading and educating yourself on new things.

- Name 1-3 topics you would like to know more about.

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- Choose just one of those topics, and then do a search on Google and/or Wikipedia to find 5 related articles.

- Read those articles, and then write 5-7 sentences explaining something new that you learned about that topic.

- There are many different articles, books, documentaries, and videos you can find all over the internet that allow you to educate yourself in new things. Take advantage of these resources when you need them.

Day 12: Find Role Models

Every happy and successful person has role models that inspire and motivate them.

- Name 5 figures in your life that you greatly admire.

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- Name one reason why you find each of these figures influential.

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- Choose a specific situation in your life that you want to work on. Describe in 3-5 sentences how one of your role models would act in that situation.

- No one is perfect, we all have our good and bad traits. Try your best to learn from your role models without idolizing them or putting them on a pedestal.

Day 13: Do Something Nice for Yourself

It is just as important to be kind to others as it is to be kind to ourselves. Make sure you find time in your life to treat yourself.

- List 3-5 activities you like to do just for the pleasure of it.

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- Schedule 20-30 minutes in your day to indulge in one of these activities.

- Write 3-5 sentences describing your experiences being nice to yourself. How did it make you feel? Why is it important to indulge yourself in these simple pleasures every now and then?

- Remember that spending quality time with yourself, and actually giving yourself permission to enjoy life and do fun things every now and then, is a huge part of happiness. Don't be afraid to do some things in life for the simple reason that they make you feel good.

Day 14: Keep Doing What Works

Throughout this workbook, we have provided a variety of advice, suggestions, and exercises. Some of these things will work better for some people rather than others. You can use your future personal development plan to learn what works for you and ditch the things that aren't contributing to your growth. Though 14 days won't be enough to completely transform your life, you've already made tremendous strides towards creating the best version of yourself. Don't hesitate to re-visit these days and do them again. True happiness comes when we make the most of whatever life offers us.

- List 3 things you learned in this workbook that you found the MOST helpful.

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- List 3 things you learned in this workbook that you found weren't that helpful.

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- Remember to always consider advice seriously before completely dismissing it. If you give something a good try and it doesn't work out, it's important to be open to trying new things until you find what does.

HOW TO MAKE A BUCKET LIST

A bucket list, also called a life list, is a list of things you want to experience. We all have some idea about the things we want to do in life, but compiling them into a concrete list can be crucial in making them a reality.

Think of categories you could add.

Career, Business, Family Friends, Unique Experiences, Food, Hobbies, Skills, and Travel

Choose meaningful goals. Your bucket list should contain items that are deeply meaningful to you. Think about childhood passions and achievements that have given you the most passion or joy.

Set aside expectations. Don't worry about others judging you,

or not achieving certain items. If you don't achieve all of the goals on your list, that's fine! A bucket list is a guide, not a binding document.

Include large and small. Your bucket list should have big, challenging goals, but it's good to include smaller goals, too. Smaller goals make your list more manageable and motivate you to complete it.

Review your list often. Some of the things that are important to you may change over time, so make your list flexible and allow it to evolve with you. Set aside time each week to go over your list, add or remove items, and plan how to make one or two a reality.

There is really no right or wrong way of creating a bucket list. The items on the list can be as small as taking a new route to work or as big as climbing Mount Everest. Making a bucket list ultimately isn't about dreaming big things; it's about doing big things.



Your Bucket List

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____

MYND PRACTICE

THANK
YOU!

← Make more sales

We're so grateful to have you as a customer, and we hope you love what you're getting. Get in touch with us if there is anything else we can do for you.

“Knowing yourself is the beginning of all wisdom” — Aristotle

Jonathan Riley

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