

**My 30 years Personal Development Plan**

*“An unplanned life is a misused and abused life...Planning ahead gives you a head start; diligent planning gives you a road map, competent execution of plans produce anticipated outcome”*

*Godswill T.K. Mensah*

**Name:**

**Current Age:**

**Age by 2050:**

**Sex:**

**Country:**

**Preamble**

**What Is A Personal Development Plan?**

1. A personal development plan is a process that consists of defining what is important to you, what you want to achieve, what strengths you already have that can help achieve your goals, and what you need to improve and develop with time.
2. A personal development plan is a way to better understand yourself, your unique personality and potentials, your strengths and weaknesses, your aspirations and your talents.
3. A personal development plan is a way to improve every aspect of your life. It is a way to realize so many different possibilities and to achieve more than you ever thought was possible.

**Why A Personal Development Plan?**

A personal development plan helps you to organize your thinking, actions and life. Every one of us do some level of thinking, but it is mostly within our head. This often leads to “head plans” without the fine details such as priorities, strategies, timelines, and indicators of measuring progress. No wonder many plans are and will remain dreams till death!

**How Do You Develop/Execute A Personal Development Plan?**

1. Define your life purpose/goal
2. Be clear the future you envision
3. Understand where you are currently?
4. Get your priorities
5. Build strategies
6. Generate a schedule/Timelines
7. Commit to your plans
8. Work hard and smart to execute your plans

Begin your personal development Plan with 30-year goals and work your way backwards. Break it down into a segments— 25-year plan, a 15- year plan, a 10-year plan, a 5-year plan and finally a one-year plan to get you started.

There are **NO PERFECT PLAN!** You cannot have control over all of life’s variables.. Even without a plan for the future, the future will certainly meet you. It’s wise to plan for it.

In planning for the next 30 years, think carefully about these four questions. They provide a framework for setting your major goals.

**Ponder on the Following Questions?**

*In the next 30 years…*

1. What kind of person will I want to be? **CHARACTER**

2. What should I have achieved? **ACCOMPLISHMENTS**

3. What should I be doing? **OCCUPATION**

4. What should I own? **ASSETS**

**BE REMINDED**

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**Defining Your GOAL Or PURPOSE**

Defining your purpose/goal makes planning more meaningful. The questions below will help you carve a dream, document it and motivate yourself to passionately pursue it:

**Contemplatively Answer The Following Questions Candidly And Honestly.**

1. What am I *passionate* about?
2. What have I always *wanted to become*?
3. What gives me the *greatest fulfilment*?
4. What *future* do I constantly *imagined for myself*?
5. What do I do *best* with the *least effort*?
6. What has my past *experience prepared* me for?
7. What has my *education and training equipped* me to do?
8. Which *one thing* would I do if I knew I *could not fail*?
9. What do I want to be *remembered for*?

**Other Important Questions**

1. How would I want my children to describe/remember me?
2. How would I want my spouse to describe/remember me?
3. What is my most main strength(s)?
4. What is/are my principal weakness(es)
5. What can I change about myself to make me a better person?

**MY 30-YEAR PLAN/GOALS (A Summary of My Life 30 Years From Now)**

1. Career/Occupational:
2. Educational/Personal Development:
3. Family/Relational:
4. Health/Fitness:
5. Financial/Investment:
6. Real Estate/Infrastructure:
7. Community Impact/Legacy:
8. Spiritual:

**(??? Means you may add to this list…)**

**Overall Summary/Description: In 30 Years, I will ….**

**Where Am I Currently?**

Complete the 4 questions to get a good picture of where you are now in your life.

1. What kind of person am I? **CHARACTER**
2. What have I achieved? **ACCOMPLISHMENTS**
3. What am I doing? **OCCUPATION**
4. What do I own? **ASSETS**

**My Personal Commitments From 2021-2051**

**A. Career & Occupational Goals** (I'll set up my business/I’ll be the best manager in my company)

1.

2.

3.

4.

5.

**B. Educational/Personal Development Goals** (I'll start a post-graduate degree/[in the midst of corona virus, online education] I’ll read one good book a month/I’ll enrol for a professional course)

1.

2.

3.

4.

5.

**C. Family/Relational Goals** (e.g. I'll model Christ to my children/I’ll invest in my children’s education/ I'm committed to marriage for life so I'll treat my spouse with respect and appreciation)

1.

2.

3.

4.

5.

**D. Health & Fitness Goals** (I'll exercise thrice a week/I’ll eat healthy/Do my annual check-up/ I’ll rest well)

1.

2.

3.

4.

5.

**E. Financial/Investment Goals** (I’ll save and invest at least 10% of my income/I’ll prepare a will/I’ll work towards becoming financially independent)

1.

2.

3.

4.

5.

**F. Real Estate/Infrastructure Goals** (I’ll invest in an acre of land/I’ll lay the foundation for my house/Housing project)

1.

2.

3.

4.

5.

**G. Community Impact/Legacy Goals** (I’ll invest my time and money in five(5) brilliant but needy students sit for WAEC or buy forms into the university)

1.

2.

3.

4.

5.

**H. Spiritual Goals** (e.g. I'll bring order into my life by avoiding a life of sin/ I commit to start each day with a half hour of prayer and bible study/Quran)

1.

2.

3.

4.

5.

**Things I choose to start doing and stop doing which will help me to achieve my goal:**

**A. START DOING**

1.

2.

3.

4.

5.

6.

7.

**B. STOP DOING**

1.

2.

3.

4.

5.

6.

7.

**Which new skills/knowledge will help me to achieve my goals?**

1.

2.

3.

4.

5.

**Personal Relationships Assessment**

1. Which friendships are the most valuable to me?
2. Which friendships distract me from my goals in life?

1. What new relationships are needed in my life to achieve my goals?

**My Personal Commitments For Year One (2021)**

To achieve your 30-year goal you have to **commit to do some things on a REGULAR basis**. These are some goals you can work with in the FIRST YEAR of your 30-year plan. I commit myself to accomplishing the following goals this year by God’s grace. (The more specific your goals the easier it is to measure them as you go.):

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*Adapted from: icgc, mindofwinner*