# personal development plan

### Holistic Balance – First Nations Pedagogy Online

| YOUR name: |
| --- |
| Physical goals  |
| Goals | Strategies | Timelines |
|  | * .
 |  |
| Notes/Actions |  |
| mental goals |
| Goals | Strategies | Timelines |
|  |  |  |
| Notes/Actions |  |
| emotional goals |
| Goals | Strategies | Timelines |
|  |  | * .
 |
| Notes/Actions |  |
| spiritual goals |
| Goals | Strategies | Timelines |
|  |  |  |
| Notes/Actions |  |
| professional goals |
| Goals | Strategies | Timelines |
|  |  |  |
| Notes/Actions |  |