# 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 |  | | |