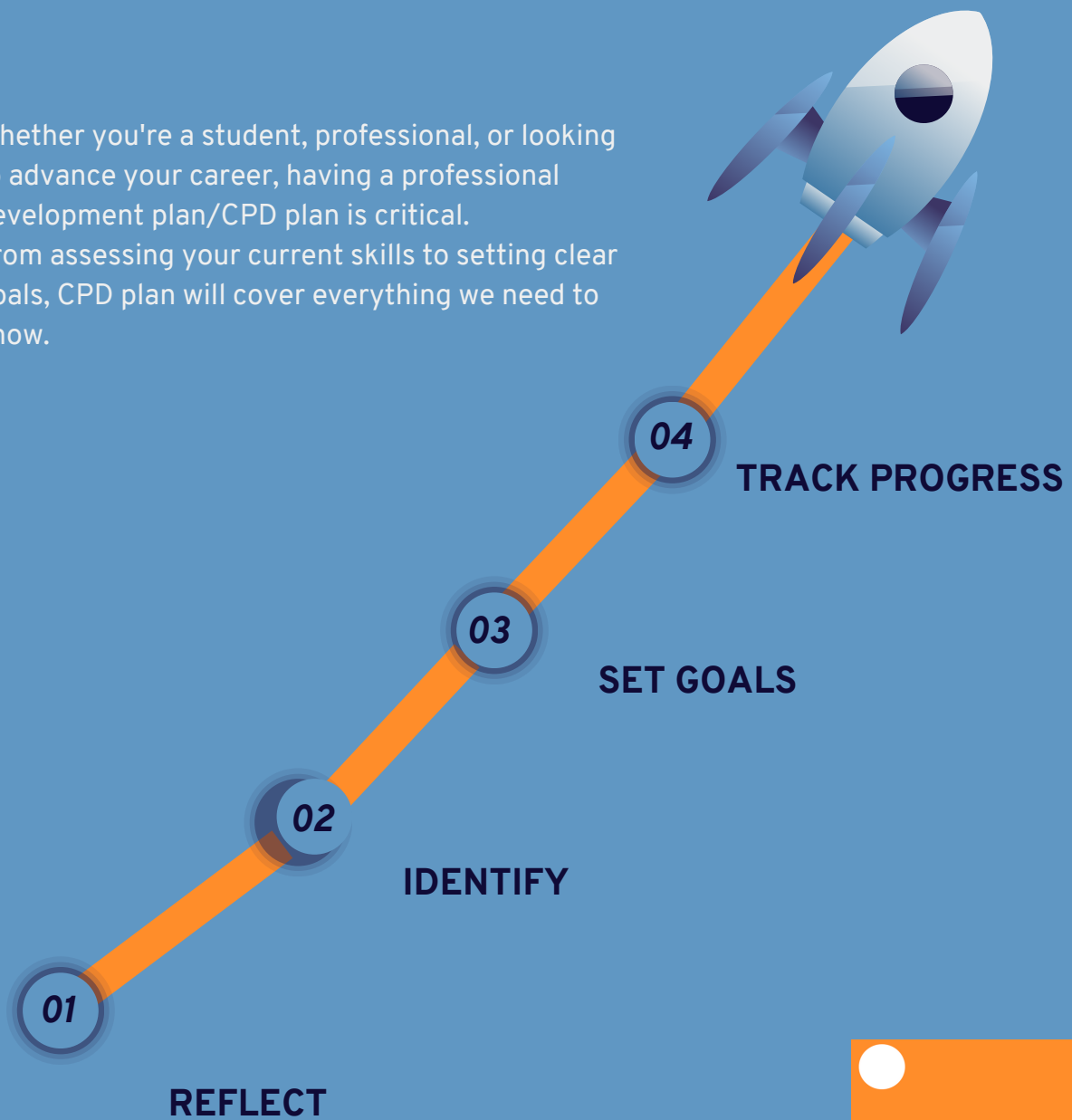


CPD PLAN FOR GROWTH

Whether you're a student, professional, or looking to advance your career, having a professional development plan/CPD plan is critical. From assessing your current skills to setting clear goals, CPD plan will cover everything we need to know.



MONTHLY REFLECTION

Journal

DATE:

TIME:

◆ Monthly Wins

◆ How does it make me feel?

◆ Challenges

◆ How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How will you rate this month?



IDENTIFY PRIORITIES

WEEK OF _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PRIORITIES

TO-DO

NOTES

SET UP YOUR GOALS

S

Specific

→ **STEP ONE**

M

Measurable

→ **STEP TWO**

A

Achievable

→ **STEP THREE**

R

Relevant

→ **STEP FOUR**

T

Time

→ **STEP FIVE**

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Relevant