

Individual Leadership Development Plan

Your Name: _____

Date/Updated on: _____

Self-Awareness + Balance + Support Network = Leadership Development Plan

Self-Awareness

What are your personal and professional strengths?

What are your personal and professional goals?

What motivates you every day? What motivates you in challenging times?

What are the values you are willing to fight for? What is the impact you want to leave as your legacy?

What do you need to do to maintain a healthy balance in your life?

- Exercise regularly
- Eat healthy
- Meditate
- Take walks in nature
- Spend time with friends/family
- Read regularly
- Volunteer your time
- Keep a journal
- Schedule time for you
- Get enough sleep
- Listen to music
- Exercise your creativity

Name some of your own strategies:

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Who is a part of your support network? Identify 4 people, how they support you, and how you support them.

