

PERSONAL DEVELOPMENT LOG

Review Period: _____
Primary Focus Area: _____
Main Objective: _____

SPECIFIC GOAL / ACTION	TARGET DATE	PROGRESS NOTES / OBSTACLES	STATUS	METRIC
			☐ Not Started	
			☐ In Progress	
			☐ Pending	
			☐ Completed	

REFLECTION & NEXT STEPS

Summary of achievements and adjustments for the next period...

"Small daily improvements over time lead to stunning results."