



**DEVELOPMENT PLAN**

Goals: (two areas you want to improve going forward)

- 1.
- 2.

What barriers do you face when working towards these goals?

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Describe specific actions for implementing your goals that others can observe so that they can provide feedback. This is one way of keeping score. Pick two for each goal.

- 1.
  - 2.
- .....

- 1.
  - 2.
- .....

This is a key step. List people who will observe you and who will commit to you to telling you when you are using "old" behaviors and when you are using "new" behaviors. They can be at work, home, or in any other context. If you want to list different people for different stages, please guess the dates you will engage them.

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What are the benefits of this plan to you at work and you at home?

Trade-offs (What will you have to give up?)

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