

Self-Development Worksheet

Self-development is a continuous process for me. As I discover new qualities about myself, I desire to be the best I can be. Self-development is about doing everything I can to be a better person.

Becoming a better person happens only when I consciously work at it. I learn from my experiences and from the wisdom of others with similar experiences. By reflecting on the past, I can positively shape my future.

Self-reflection can be tough but I am humble enough to reflect objectively on areas that I need to improve. Instead of becoming defensive or self-righteous, I humbly examine my life and identify areas where I can be better.

My self-reflection journey is free from the negative effects of self-condemnation. Instead of looking for things to criticize, I look for areas to improve.

When I see an area that I want to change, I quickly make a plan of action to prevent myself from being consumed with negativity. Patience is an integral part of the process. Recognizing there may be setbacks helps me to be patient with myself.

I refrain from comparing myself to others. Instead of trying to be somebody else, I focus only on being a better me.

My Creator has already equipped me with talents, abilities, and gifts, which I can develop. Whatever talent I think I already have, I study it, read about it, and practice it so I may become proficient at it.

Today, I choose to objectively reflect upon myself and design a plan for self-development. I enlist the help of trustworthy friends to help me on my journey.

Self-Reflection Questions:

1. Am I keeping self-reflection different from criticism?
2. Who can help me objectively reflect?
3. What areas of my life do I want to improve?

Self-Development Questions:

1. What specific aspect of my character I would like to develop?
2. After self-reflection, I would like to learn _____.
3. How would I be better after this self-development?

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