



# Developmental Action Plan

	Challenge #1	Challenge #2	Challenge #3
<p><b>Challenges:</b> What are the key challenges you face that keep you from being more focused, productive, present, and above all happier?</p>			
<p><b>Target Practices:</b> Which practices would help you address this challenge? (Note: Same practice can be listed for each challenge.)</p>			
<p><b>Outcomes:</b> What impact do you hope this practice will have on your life? (Be specific).</p>			
<p><b>Commitment:</b> What specific habits/practices are you willing to commit to doing over the next month? (Note: Each commitment should be clear, specific, measurable and reasonable.)</p>			
<p><b>Tracking:</b> What tools will you use to measure progress?</p>			
<p><b>Support:</b> What resources do you need to achieve these goals?</p>			
<p><b>Feedback:</b> Rate your progress on a scale of 1-5 (1 being "no progress" and 5 being "excellent progress" between each coaching session) for each goal between each coaching session. Explain your rating.</p>			