

SELF IMPROVEMENT PLAN

This worksheet will help you set and plan short and long-term goals in your life. This will also help you keep track of your progress as you work towards a more successful future.

How to Answer?

Print a copy or answer it directly using your phone or computer.

Remember:

Answer the worksheet honestly to determine what you need to work on and where you can improve.

Are you ready?



30 60 90 DAYS SELF IMPROVEMENT PLAN

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Select a goal: 30 days 60 days 90 days

Name:

Date Started:

Date Completed:

AREA TO IMPROVE & REASON

ACTIONS TAKEN

DATE OF ACTION

STATUS/ COMPLETION

MY CAREER

MY HEALTH & FITNESS

MY FINANCES

Place your commitment from this personal self-assessment plan in your diary to ensure action.



GREAT JOB!

We appreciate you completing the worksheet.

If you need more assistance or If you're finding it difficult to put together your own self-improvement plan, send us your worksheet on our email address at admin@angedion.com and we'll help pull everything together for you.

Thank you!



If you need help setting goals or preparing a plan, we'll walk you through the entire process and set you up with a detailed self improvement plan.

Visit our website and book an appointment now!