

Exercise 1: Personal Growth Plan

Directions: Chart your skills on the rubric below. Then complete the following sections to create a plan for skill growth.

Key Emotional Skills By Skill Dimension		Develop (0-40 pts.)	Strengthen (41-60 pts.)	Enhance (61-100 pts.)
Skill Dimension 1: Intrapersonal Skills	Self Esteem			
Skill Dimension 2: Interpersonal Skills	Interpersonal Assertion			
	Interpersonal Awareness			
	Empathy			
Skill Dimension 3: Career/Life Skills	Drive Strength/Motivation			
	Decision Making			
	Time Management			
	Sales Orientation/Leadership			
	Commitment Ethic			
Skill Dimension 4: Personal Wellness Skills	Stress Management			
	Physical Wellness			
		Low	Normal	High
Skill Dimension 5: Problematic Behavior	Interpersonal Aggression			
	Interpersonal Deference			
Personal Change Orientation				

1. What skill(s) are you targeting for improvement? _____
2. What is the time period to show improvement? _____
3. What resources and learning activities can help your skill development? _____

4. How will you assess yourself? _____
5. Create a personal growth plan in your notebooks to record activities and skill development on an ongoing basis. Include the following elements for each entry: date, situation, skill affected, current rating, and similarities and differences between current behavior (or skill set) and behavior in previous situations.