

Name and date

Needs to be revised at (date)

Goals What are your overall goals for the next period?				
Long-term dreams (3-5 years)	Inner needs What motivates you on an inner level?	Professional development What professional skills do you want to develop?	Outer needs What do you want to change in the context you are working in?	Projects/activities/tasks Where and what should you work with?
		Personal development What personal or social skills do you want to develop?		
		Community development What skills do you want to develop that can benefit the community or team you are working in?		
Purpose/Meaning What gets you up in the morning?			Vision/Impact What kind of difference do you want to make in the world?	
Who can help and how?				

From the inside out...

From the outside in...