

Plotting Your Progress

Use the graph below to track your developing progress.

Remember that this programme can take as long as a year or more and that your professional and personal development is always a work in progress.

Work with your Coach to maximise your effort as you continue to invest in yourself.

Revisit this graph periodically and update your progress towards the levels of excellence you see in your life.

Accomplishment Levels	Overall Programme																			
Self Knowledge																				
Presence																				
Professional Excellence																				
Personal Organization																				
Extreme Self Care																				
Numbered Items	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20