

# Personal Development Blueprint Plan.

**Identify a Key Area of Your Life, You Would Like to Improve.**

**Main Goal.**

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**Split main goal up into manageable steps. Mini-Goals.**

Mini-Goal 1

Mini-Goal 2

Mini-Goal 3

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**List of Tasks to Your Goal.**

List Tasks to Achieve Your Goal 1

List Tasks to Achieve Your Goal 2

List Tasks to Achieve Your Goal 3

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**Prioritise List of Tasks. ie A,B,C.**

Prioritise List

Prioritise List

Prioritise List

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## Affirmations to Support Goals

Affirmation 1

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Affirmation 2

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Affirmation 3

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### **Tips to Achieve Your Goals.**

- Your Sankalpa/Affirmation should respect the free will of other people.
- Align your Sankalpa with your life purpose.
- Repeat your affirmations daily at the beginning and end of your yoga nidra practice.
- Repeat your affirmation for as long as it takes until you achieve your goals.
- Progress through your goals step by step.
- Be flexible, as challenges will more than likely arise.
- Work on your goals daily.
- Enjoy the Journey.