



PERSONAL DEVELOPMENT PLAN

Personal Development Plan

Use this discipleship tool at the beginning of the semester, then refer back to it every few weeks. It's a great way to see measurable, self-initiated growth in your disciple's life. Walking through their PDP helps them take steps of faith and continue to move forward in ministry and personal growth.

One of the strengths of this tool is that it helps to focus on root issues — to unpack what is going on at the heart level. For example, is it unbelief in the gospel that is hindering their growth?

Try to limit their PDP to three to four areas they want to grow in so they can actually accomplish them; it will help them see growth instead of feeling overwhelmed.

Our staff usually sit down in a first discipleship meeting and ask the student a pretty broad question like, "What areas would you like to grow in this semester?" Then, we spend about an hour working through the PDP together. The discipler leads the time by asking questions to help them identify and narrow their personal-growth goals down to three to four areas. Typically, we have them identify two to three things they want to grow in; then we suggest one area that *we* want them to grow in.

Personal Development Plan

Created by // Cru

Name :

Coach :

Date :

| Areas of Growth Where do I sense the spirit prompting me to change? | Goals How will I will know I've grown in this area? (Make your goals measurable, achievable, and observable) | Obstacles(?) What issues hinder my growth in this area? | Next Steps What will I do? When will I do it? What resources do I need? What do I need to learn? |
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