# Personal Development Planning table

The Open University

# Try some planning

Use this chart to plan what you will do at the beginning of your OU studies.

## If you need some help

* For any long term goal, list the short and medium term steps that will help you reach it
* List the practical actions that will help you achieve your goal
* Identify any constraints that might hold you back, and resources that you can use
* Add target dates to help you focus on getting things done

Type your long term goal here

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| --- | --- | --- | --- | --- |
| Short and medium term | Action required | Constraints | Resources – who or what can help me? | Target dates for action |
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