

EXAMPLE 23

TREASURE CHEST

Date		Ref.
3/2	You can count the seed in an apple, but not the apples in a seed.	
		Peter Darroll
10/2	Plan your life before you plan your holiday.	
		Inspired by Focus on the Family
17/2	Potential is the hidden code within waiting to be released.	
		MAPTALK Zoo Lake
		Leadership.
		MAPCAFE Menlyn Park

NOTE: I enjoy collecting quotes and insights from fellow MAPPERS at our MAPCLUB Events. Amazing what I have learnt as a result.

PERSONAL DEVELOPMENT

Date	Secret Seven Step Formula for Goal Setting	Ref.
3/3	Step 1: Know what you want.	
	Step 2: Know when you want it.	
	Step 3: List the rewards and consequences.	
	Step 4: Identify the obstacles stopping you from taking action.	
	Step 5: List the skills and knowledge the goals needs.	
	Step 6: Associate with experienced groups or individuals.	
	Step 7: Prepare an Action Plan or To-Do-List	

NOTE: Imagine creating a record of all the key bits of information you learn from books you read, CD's you listen to and Seminars you attend.

VISUAL RECORD

Kristen Jade's Development

2 weeks

4 months

NOTE: Pictures, graphs and tables are a valuable way to keep a record of important things during your year. Try add something monthly.