

## **Subject: PERSONAL DEVELOPMENT**

Personal development is about setting personal goals and moving towards achieving them. It is about changing our lives for the better in the most positive and fulfilling ways. It is about wanting the best for ourselves in everyway whether it is emotionally, physically, and even spiritually. In order to develop ourselves it is important to have an understanding and awareness of ourselves to know what it is that we want to develop and then the next step is to look at the ways in which we can achieve this. Questions that we could ask ourselves are 'What are my strengths?', 'What are my weaknesses', 'How can I change my life for the better?', 'How can I be in control of my destiny?' 'How can I be responsible for my actions?'

## **TASK**

In this session you will have the opportunity to record and edit 'Time Capsules' using the video recorder. This will enable you to talk about the positive changes you would like to make in your life and the ways in which you will be able to make these changes possible. Are there any new hobbies or courses you would like to take up?, Are there any skills you would like to learn?, What goals would you like to set for yourself? etc..

Time: 2hrs- 2hrs 30mins

You can also use your LIFE MAPS to write down some of your thoughts and ideas.

In part two you will have the opportunity to create your own ACTION PLAN booklet. You will be able to divide the booklet into sections in terms of the different positive changes you would like to make in your life and the steps you want to take in achieving these goals. You will be given a guide with headings to help you structure your booklet and you can also use your LIFE MAPS to write down your thoughts and ideas.

Time: 2hrs

Once you have structured your booklet you can use the computer and digital cameras provided to add any images and design the layout of your booklet. This booklet will be your own unique personal goal setting and goal achieving guide to developing your life and making positive plans for the future.

Time: 2hrs

## **Materials**

**Questionnaire:** to help you think about the things you would like to explore.

**Video Camera:** to film yourself or others

**Life Maps:** To write down or structure your ideas.

**Paper and Pens**

**Examples of writing around PERSONAL DEVELOPMENT.**