

# Personal Development Plan (PDP)

## NLP Practitioner

Below are some ideas that will help in building your PDP for Practitioner. We have a saying at Fast Forward, **“Question & Discover!”** So we hope this experience when complete is a supportive next step on your unfolding journey.

Complete the points which are applicable to you

Name:- .....

1. Score yourself out of 10, on your knowledge and understanding based on your current personal perception
2. Score where you would like to be in one year’s time, out of 10
3. Score your level of commitment, professionally and personally to each course of action

THOUGHTS → WORDS → ACTIONS → RESULTS

Development Criteria	1	2	3
	Now	In 1 year	Committed
<i>Example:- Taking personal responsibility</i>	3	5	8
Taking Personal Responsibility			
Ability to stay focused			
Being at cause in personal life			
Being at cause in business			
Understanding Excuses			
Breaking through limitations			
Knowing what prevents me			
Understanding my positive intentions			
Setting Goals/Outcomes			
Reading body language			
Reading eye patterns			
Ability to relax			
Thinking Creatively			
Creating Resolutions			
Creating Anchors			
Unconscious Change			
Creating behavioural change			
Dealing with overwhelm			
Moving beyond procrastination			

**Remember** - our primary commitment is supporting individuals in creating results.