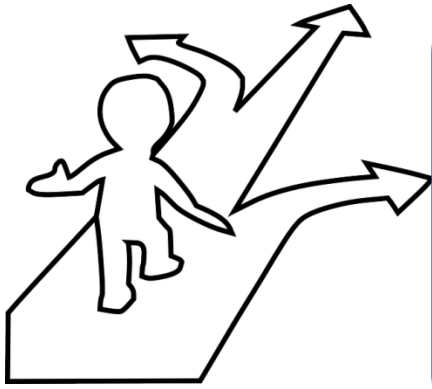




Why? What will I get out of it?

What challenges will I face?

MSc Applied Social & Health
Psychology

Personal Development
Planning

Personal Log Worksheet 1

What strategies will I put in place?

What does “success” mean to me?

