

Academic & Professional Development (ACCA4039)

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Self Evaluation

<https://youtu.be/4feUrMeXyH8>

Self Evaluation

After filling out a self assessment form with 16personalities.com (1) the determined personality type is INTP-T logician. Figure 1 highlights where each element of the personality currently is highlighting both the strengths and weaknesses with the personality type.

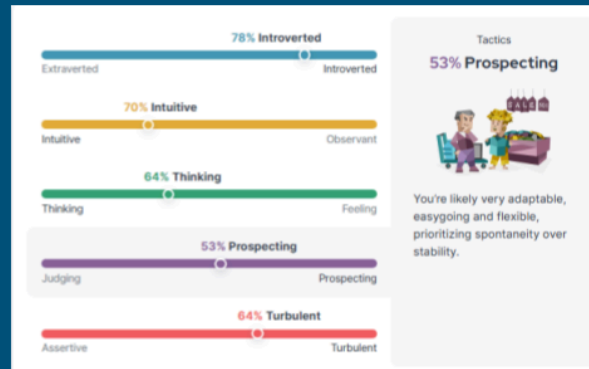


Fig 1 - 16personalities.com

Personal Development Plan

What to develop	How to achieve this?	What resources are required	Success criteria	Target dates
Various muscle groups across the body resulting in enhanced discipline and mental strength to rectify	Utilise bodyweight / lifting exercises that target each muscle group. Use a tracking app to monitor weight & intensity.	Gym membership providing access to contraptions and spaces that work on each muscle effectively.	An observable increase in the strength of each muscle group from the tracking app.	08/26 providing 8 months to account for muscle recovery and nutrition as workouts must be completed in stages.

<https://docs.google.com/presentation/d/1rNnk6uKeMHK5kYJncWU65y9OcCNUgIBEc0LVEzHDr2M/edit?usp=sh>