

Worksheet “My personal development tree”

My personal development tree

Job

Private

Branches

Which aims do I want to strive for?
Which fruits should the branches yield?
What does the way to this aim look like?

Trunk

Which strengths and interests do I have?

Roots

What is important to me?
What orientation do I go by?
Which values do I derive from my family?
Which values do I derive from my surroundings?