

**Tracking sheet –** Planning for Personal Development

The aim of this unit is for learners to develop an understanding of how to assess their strengths and weaknesses to set manageable, achievable goals for work and/or personal life. In this unit, the learner will consider their own strengths and weaknesses and how they might address areas of weakness. The learner will find out how to set both long-term and short-term goals, make and review their plans for achieving them

**SCQF Level 3**

**Learner name**  **Centre name**

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| **To do this you must** | **Page number** |  |
| 1. Be able to identify own personal development needs
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| 1.1 Identify something you are good at |  |  |
| 1.2 Identify something you want to improve |  |  |
| 2. Be able to plan own personal development improvement |
| 2.1 Identify a SMART target for personal development |  |  |
| 2.2 Identify actions required to achieve target |  |  |
| 3. Be able to review personal development plans |
| 3.1 Review progress towards target with a suitable person |  |  |
| **Assessor feedback** |
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| **Declaration** I confirm that the details above are correct, that the evidence submitted is the learner’s own work and that the learner meets all the requirements for the unit: |
| Learner Name Assessor Name Learner Signature Assessor SignatureDate Date  |