

**7 WAYS YOU'RE
BLOCKING YOUR
OWN
DEVELOPMENT
MASTERCLASS**

BLOCK #1 – NOT UNDERSTANDING YOUR _____

What's the reason that you wanted to do the development programme you've chosen?

What do you want to achieve?

What will the end result be?

How will you be different?

What are the benefits to you, your career, or even the people around you?

BLOCK #2 – NOT PRIORITISING OR _____ OUT _____ FOR YOUR DEVELOPMENT

What are the benefits of doing this?

How much time do you need per day or week?

Block out this time in your diary / calendar.

BLOCK #3 – NOT _____ EFFECTIVELY WITH THE PEOPLE AROUND YOU

Take a moment to write down a list of the people around you that need to be made aware of your development plans.

What do they need to know?

What do you need from them? Eg time, patience, support, accountability etc

BLOCK #4 – P _____

Step 1 – How does it feel when you're procrastinating?

Step 2 – Why are you procrastinating?

Step 3 – When are you planning to get the work done?

BLOCK #5 – M _____

What do you tend to try and multi-task?

What is the result?

What do you need in place to stop this from happening?

Write your thoughts here

BLOCK #6 – NOT HAVING A D_____

When are you planning to complete your development programme or the first section of work?

Make a note in your diary.

Notes:

BLOCK #7 – NOT CELEBRATING SUCCESS OR TRACKING PROGRESS

What have you learnt this week. Track it in the spreadsheet below.

Date	What have you learnt?	How did you learn this?	How are you going to use this?