



All Star Coaching

Personal Development Self-Audit Tool

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Introduction

You have probably come to this self-audit tool because you can see space and potential in your life for a greater level of satisfaction, success and meaning. What this means to each person differs depending on your current life situation, values and goals. This self-audit tool is designed to give you that space to consider your own personal circumstances and journey.

Knowing yourself and accepting yourself is truly a superpower. It is also one of the greatest gifts you can give to yourself.



Becoming self-aware is a process, one which I myself found challenging, but which ultimately improved every area of my life. However, it's not enough to just know yourself. It's also critical to develop skills so that you can contend with difficult situations, proactively plan for a better future and take advantage of opportunities when they arise.

Through a series of self-reflection exercises, this self-audit tool will guide you through the process of getting a better understanding and awareness of yourself – your strengths, interests, values, areas of your life you want to improve. These exercises will then help you to define your personal development goals so that you can go forward and actively plan to achieve these goals.

Depending on how you choose to use the self-audit tool, you could come away with a thoughtful and well-considered roadmap that you can use to reach your personal development goals. Each section builds on the previous one, so I encourage you to work through them in order. Enjoy using this e-tool.

Paul Curran

Paul Curran, All Star Coaching

Why conduct a Personal Development Self-Audit

Knowing yourself is key to unlocking your potential and can lead to phenomenal productivity and well-being in your life. It can also be challenging and sometimes painful. However, it stands to reason, that you can only get the best from yourself when you truly know what motivates you, what your strengths are and what holds you back from living your best life. Importantly however, to simply 'know' yourself is not in itself enough.

Aristotle, the famous philosopher once said; "knowing yourself is the beginning of wisdom". That's an important distinction to make because wisdom requires more than just knowing. You might 'know' that you should exercise more or stand up for yourself in work. But actually, transforming this knowledge into wise thinking and action planning takes perspective, sound judgement and ACTION.

When you unlock the skills and tools you need to make this transition, then you can make better decisions and take the necessary steps towards a more positive, fulfilling and satisfactory life.

"Knowing yourself is the beginning of all wisdom" - Aristotle

Some people are happy with a mediocre life. But my guess is that if you have taken the time to do this self-audit then you know deep down that **there is more to you, more in you and more for you**.

Life is too short to think small. You cannot believe what it can do to the human spirit to strive for what is meaningful, maximise your potential and stretch yourself beyond what you thought possible. There are certainly challenges and hurdles that each person meets on their journey, but don't let the biggest one be yourself.

Well done for taking responsibility for yourself and taking control of your future.



Self-awareness exercises

1. Who are you?

Describe yourself in three words:		
Ask someone you trust to describe you (honestly) in three words:		

2. What are your individual strengths and weakness

Finish the sentence:

I am at my best when I am

I am at my worst when I am

3. Identify your core values

List 5-6 values or virtues that you feel are important in yourself or other people

4. Six pillars of personal development

Establishing progression across these six pillars is critical to ensuring personal well-being and development. Depending on your individual life situation and priorities at any given time, some areas of your life will require greater focus than others. Notwithstanding, it is important not to neglect any individual area to any significant degree.

For this exercise

- A. Rate from 1-10 how well you think you are doing in each area (1= Not at all happy with this area of your life; 10= Exceptionally happy with this area of your life).
- B. Note what is working well in each area.
- C. Note what is not working well or barriers / hurdles you experience in each area.

Reflecting on this exercise may help to spotlight or identify areas for development.

Area of your life	Rating	What is working well	Barriers or hurdles
Health / Fitness			
Mental well-being			
Career			
Relationships			
Social / recreation			
Personal growth and fulfilment			

Defining personal development goals

Select an area of your life that you want to focus on.

Health fitness Mental well-being Career Relationships Social / recreation Personal growth and fulfilment

Other (please explain)

SMART stands for

- Specific
- Measurable
- Assessable
- Realistic
- Time-based goals

Devise 2 / 3 SMART goals for your personal development in the area identified.

(You can do this for more than one goal, but you are likely to greater success if you focus your time and efforts on just one goal at a time).

SMART goal	I will know I have achieved my goal if / when	I will reassess my progress [insert when]
1.		
2.		
3.		

Tip: You are more likely to succeed at your goal if you hold yourself accountable. Find someone who you trust who you can share your goals with and ask them to check in on you and ask you if you are holding true to your goals and aspirations.

Maybe you are happy with taking the self-audit tool this far. If so, I hope it has been useful and I wish you the very best of luck in pursuing your personal development goals.

If however, you want to take your personal development to the next level, maybe consider working with a coach. See the next section for more details.

Taking the next step towards your goals

What is coaching?

Coaching is a powerful vehicle for increasing performance, achieving goals and optimising your talents, strengths and skills to enable you to better manage and master aspects of your life that are important to you.

Coaching is a process that creates a reflective and respectful space which promotes open and honest conversation and reflection. This allows participants to examine and gain a deeper understanding of their needs, values, drives, aspirations and goals.

Coaching is all about moving forward with the right support and tools. It is not counselling or giving advice. Rather, it is a robust process where participants are constructively challenged through questioning, reflection and feedback.

The coaching space helps bring clarity and understanding to what you want to achieve, why you want to achieve this and how you can re-orientate your thoughts, emotions and actions to obtain these goals.

Benefits of coaching

- Supports and facilitates you to examine, create and define an outcome that you want to achieve in your professional or personal life and develop an action plan to obtain these goals.
- Equips you with a fresh perspective and energy to mobilise your thinking and actions.
- Improves assertiveness and focus, increases self-awareness, self-control and self-confidence.
- Highlights any potential internal/external interferences or self-defeating habits that might be preventing you from performing at your best.
- Offers guidance, new perspectives and feedback during transitions in your life e.g. changing jobs, re-entering 3rd level education & internal work promotions.
- Equips you to exercise leadership and to take on leadership roles in professional, personal and sporting contexts.

Coaching consultation

Key motivation for coaching

Finish the sentence: if coaching had been successful for me then

?

(explain what would be an outcome or indication that coaching had been successful)

Take action

If you would like some support and additional tools to help you to take those important next steps, then please review, complete and submit this self-audit to info@allstarcoaching.ie to arrange a one-to-one 20 minute online free and confidential consultation.

In this initial consultation Paul will give you some feedback on the self-audit and outline coaching options, fees and advice on how to move forward in pursuing your personal development goals. There is no obligation to commit to coaching services from this free online consultation.

Contact details



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"There is no road, you make the road by walking it" – Antonio Machado