

Preparatory Personal Development Planning **Questions for STUDENTS**

This introductory handout forms part of a broader holistic planning process – please contact Jozua Lambrechts for more information

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I would like you to spend some time reflecting on the following questions and to complete the questionnaire before our next meeting.

1. What makes you happy?

2. What challenges would you like to experience?

3. What gives meaning to your life?

4. What do you find stimulating and exciting?

5. What contribution do you want to make in your family, work and broader society?

6. What legacy do you want to leave?

7. Describe how you want to see your spiritual well being.

8. Describe how you want to see your physical well being.

9. Describe how you want to see your intellectual well being.

10. Describe how you want to see your emotional well being.

11. Describe your “assets” and “strengths” under the following headings.

a) Knowledge, experience and skills:

b) Family, friends and professional people that can be called upon:

c) Money (cash, shares, investments, loans etc)

12. Describe your “needs” and “weak points” under the following headings.

a) Knowledge, experience and skills:

b) Family, friends and professional people that can be called upon:

c) Money (cash, shares, investments, loans etc)

13. What are the qualities you most value in your relationships? Describe how you want the following relationships to be:

13.1. Between you and your parents:

13.2. Between you and your brothers/sisters:

13.3. Between you and the rest of your extended family:

13.4. Between you and your friends:

14. What are the qualities you most value in your family? Describe generally how you want your family environment to be.

15. What are the qualities you most value in a work environment? Describe generally how you want your work environment to be.

16. How do you define financial well being? Describe generally what your financial well being should be like.

22. Describe how you want to be seen by your family, friends, clients, employers and other people that you rely on to sustain your quality of life.

23. Describe possible areas of work and/or business that you are interested in?

24. Based on your answers above, what business or work opportunities would you like to explore in the next 1 to 2 years?

25. Based on the answers above, what further studies would you like to pursue in order to prepare you for the business or work opportunities identified in number 23?

26. Based on the answers above, what skills would you like to develop in order to prepare you for the business or work opportunities identified in number 23?

27. What kind of support (financial, emotional, mentorship etc) will need to achieve the above?

28. What will be your biggest opportunities to achieve the above?

29. What will be your biggest challenges and threats in order to achieve the above?

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2017