

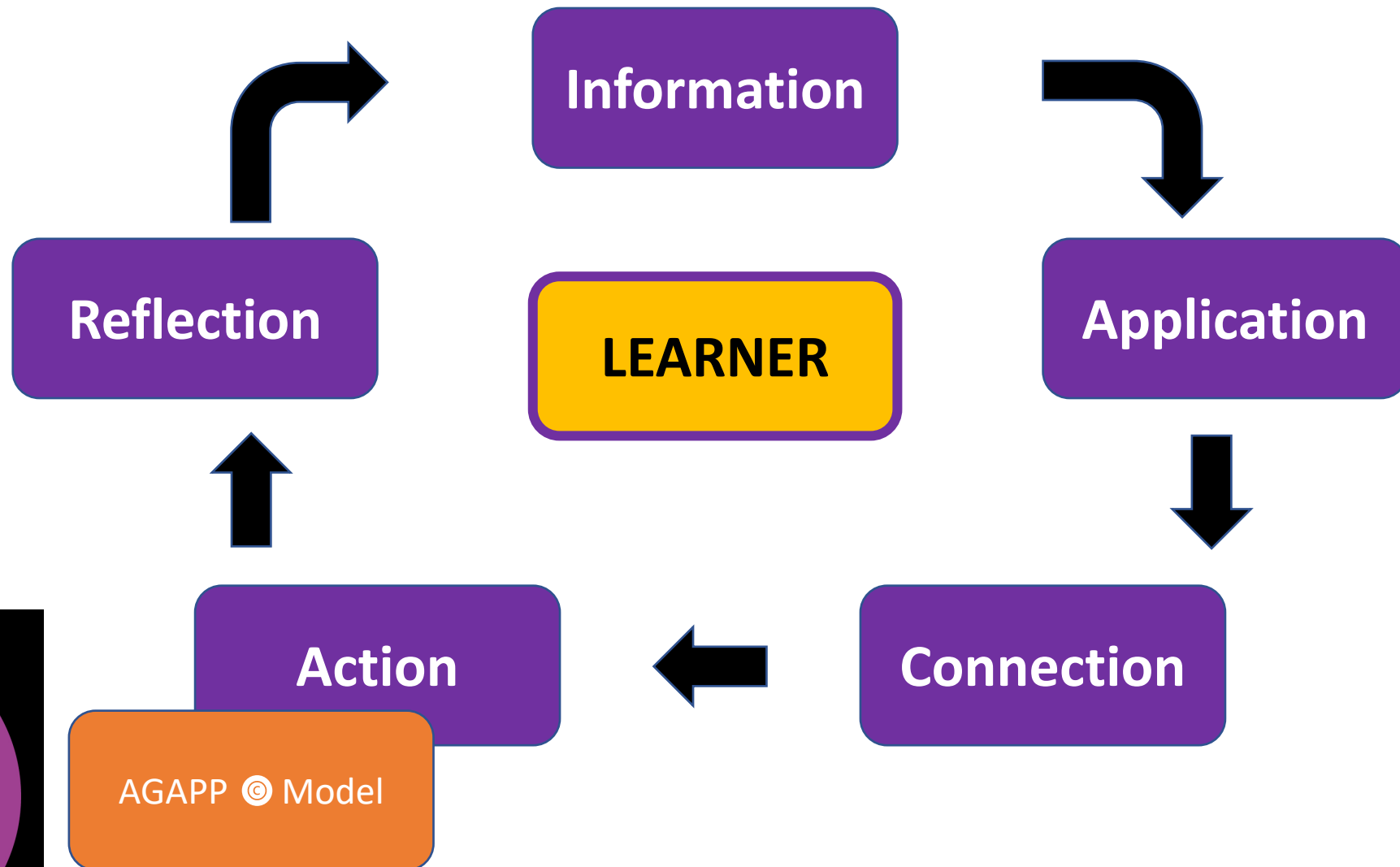
THE SPORT STORIES ACADEMY

**PERSONAL
DEVELOPMENT
MADE EASY
(THE 5 STEP MODEL)**



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The Sport Stories Development Model is as follows



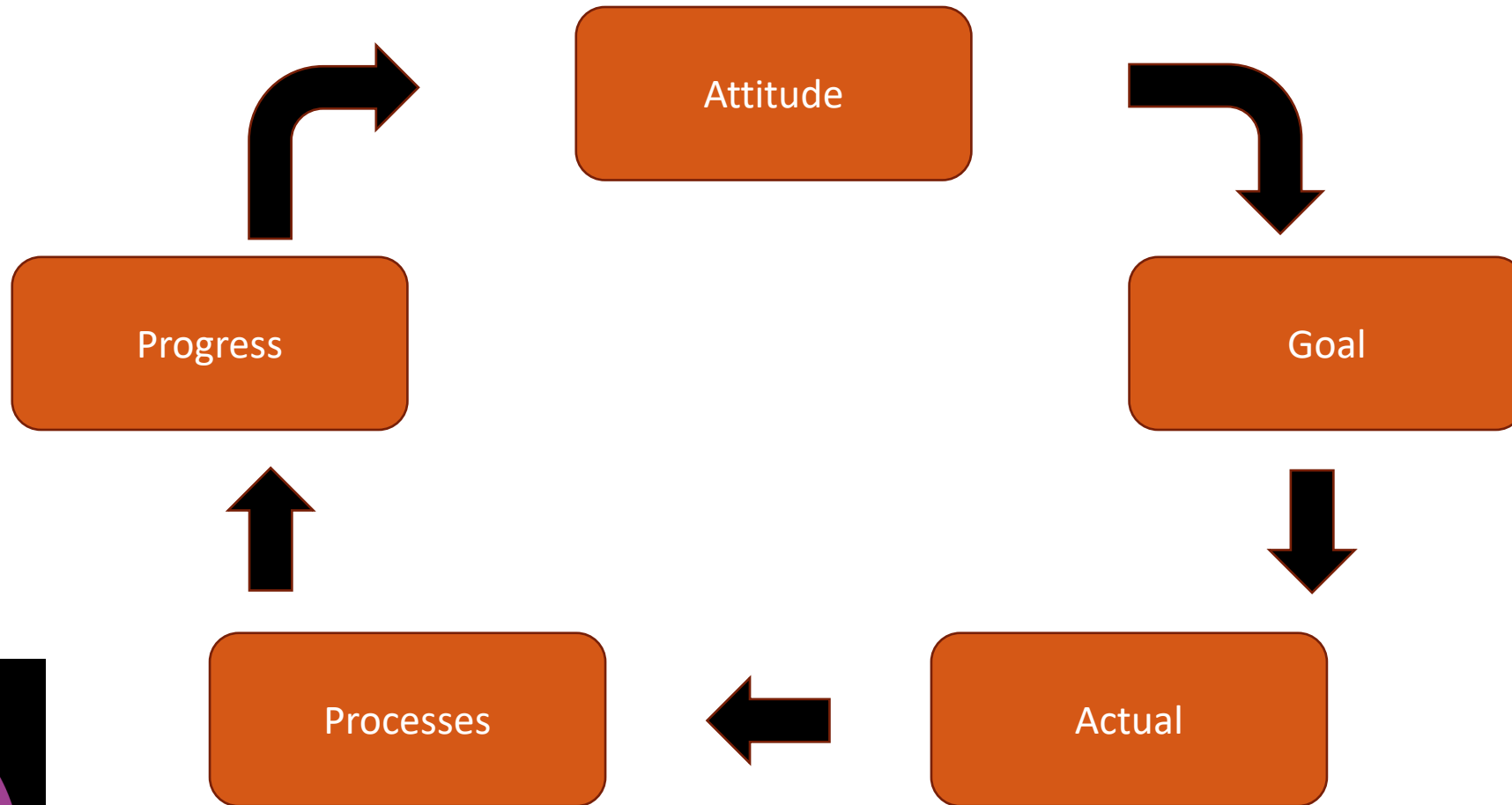
AGAPP © Model

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**Sport
Stories**
Academy

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Personal Development Made Easy (5 Step Model)



AGAPP© Model



Personal Development Made Easy (Step 1)

Attitude

Attitude and Mindset for Learning and Development

This step is to ensure that you give yourself the best chance to maximise your Personal Development by ensuring that you have a positive attitude towards development and learning and an open mindset.

Personal Development Made Easy (Step 2)

Goal

Goal

Explore and articulate what your goal is. Where are you heading and what is it you want to achieve. This could be on a small or large scale.

Personal Development Made Easy (Step 3)

Actual

Actual

Explore and articulate what is your 'world'. You should consider what has gone before and what is currently happening. You should consider both thoughts and feelings as this provides valuable content. You may request external input. When considering the Actual be mindful of the relationship this has towards your currently articulated Goal to ensure alignment and usefulness.

Personal Development Made Easy (Step 4)

Processes

Process

What are the process steps that you will take to ensure you close the GAP between your 'Actual' and 'Goal'. Think broadly at first then narrow down and focus what will serve you best. What are the rhythms and routines you will use to ensure you keep moving forward and maintain a developmental mindset? What are the small steps you need to take?

Personal Development Made Easy (Step 5)

Progress

Progress

It is important to have a good idea of where you are heading and what it may look like when you get there. Recognising your PROGRESS can help steer you towards your desired Goal and provide motivation and stimulation on the way. How are you measuring your progress? You will need to be quite specific (and honest!) with understanding what success is to you and how you are doing against it!

Attitude

What motivates you?

What do you need to have in place?

What could get in your way?

Goal

What are you looking to achieve?

Where are you trying to get to?

What would success look like to you?



Actual

What is going on right now?

What has happened that may influence you going forward?

How do you feel and what do you think here and now ?

Processes

What are ALL the possible steps?

Who do you need support from?

What is getting in your way?

Progress

How would you know you have been successful?

What are the key measures of success for you?

How will you celebrate your achievement? What next