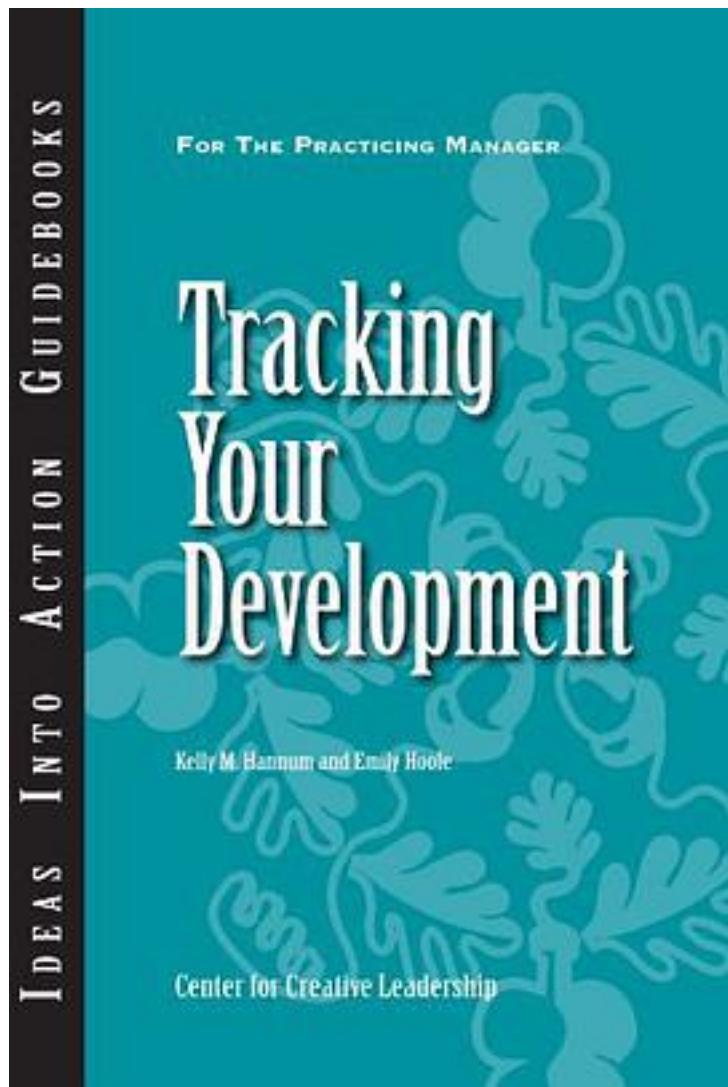


Tracking Your Development



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This book provides you with the means to set development goals and to track your progress on achieving them. It can help you efficiently gather and make sense of information about your progress and avoid common pitfalls that can block your development. Tracking your development can be captures in a few steps: articulating your goal, creating an action plan, gathering information about your behavior, indentifying barriers and support, and revising your action plan. Taking these steps will greatly increase the likelihood of achieving your goals.

作者介绍:

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