



Inner Development Plan (IDP)

Which skill within the Inner Development Goals framework do you want to work on?

Why do you want to work on this skill? [max. 5 sentences]

In what kind of situations is this skill useful? [max. 5 sentences]

In what kind of daily situations are you planning to practice your skill? [max. 5 sentences]

How can you monitor your development? [max. 5 sentences]



When will you be satisfied? [max. 5 sentences]