



Camiel Mentoring  
Personal Development Inventory

What Needs Strengthening

A practical worksheet for identifying the habits, skills, discipline, maturity, and support needed for the responsibilities and opportunities connected to your life.

**Philippians 1:6 KJV**

*Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:*

Development is not about proving your worth. It is about becoming more prepared to carry what has been entrusted to you.

## How to use this worksheet

Use this worksheet when you recognize that an area of your life needs more development before it can carry more responsibility, opportunity, leadership, or consistency.

Personal development is not the same as collecting motivation. It requires identifying specific habits, skills, behaviors, decisions, and patterns that need attention. This worksheet is designed to help you name those areas without turning the process into vague self-improvement language.

Work through each section slowly. The goal is not to judge yourself or create a long list of everything that needs fixing. The goal is to identify what should be strengthened first, what support may be needed, and what practical action can be sustained over the next 30 days.

## Section 1: What is requiring development?

Development usually becomes visible when life starts requiring more than your current structure can support. You may be trying to handle a new responsibility, make better decisions, improve your consistency, prepare for a role, rebuild confidence, or stop repeating a pattern that keeps affecting your progress.

Use this section to identify the situation that is making development necessary. Be specific. A general answer like “I need to grow” is not enough to guide action.

**What area of your life is requiring more development right now?**

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**What has shown you that this area needs attention?**

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**What responsibility, opportunity, relationship, decision, or pattern is being affected?**

Development area	What is showing up?	Why does this matter now?
Discipline or consistency		
Time and priorities		
Confidence or decision-making		
Communication		
Emotional maturity		
Skills or capability		
Follow-through		
Boundaries or responsibility management		

### Proverbs 4:23 KJV

*Keep thy heart with all diligence; for out of it are the issues of life.*

Some development begins with what is happening internally. What is repeated in decisions, reactions, and habits often points to what needs attention.

## Section 2: Evidence of what needs strengthening

This section moves beyond a feeling that something needs to change. Evidence helps you see where the issue is showing up in real life. Evidence may include repeated delays, unfinished commitments, feedback from others, missed opportunities, poor preparation, avoidable conflict, financial strain, or decisions that keep producing the same result.

The purpose is not to collect evidence against yourself. The purpose is to identify the pattern clearly enough to decide what needs structure, practice, support, or correction.

Question	Your notes
What keeps getting started but not sustained?	
What responsibility is being handled inconsistently?	
What feedback have you received more than once?	
Where are you relying on intention without structure?	
What decision or task keeps being delayed?	
What opportunity would require a stronger version of your current habits or skills?	

### Section 3: Identify the development priority

Not every area needs to be worked on at the same time. Trying to develop everything at once usually leads to scattered effort. Choose the areas that are most connected to the responsibility, decision, or season you are facing now.

A development priority should be specific enough to act on. “Be more disciplined” is too broad. “Create a weekly review process for bills, commitments, and unfinished decisions” is clearer.

“Build confidence” is broad. “Prepare three examples that show my experience before the next interview” is clearer.

Possible priority	Why it matters	What would improve if this changed?
Discipline and consistency		
Time management and priorities		
Communication		
Emotional maturity and response patterns		
Skill development or preparation		
Confidence supported by evidence		
Follow-through and completion		

**The top development priority I need to focus on first is:**

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**This matters because:**

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## Section 4: What support or structure is needed?

A development goal without structure becomes another intention. Structure is the support that helps development become visible in decisions, habits, preparation, and follow-through.

This does not have to be complicated. The support needed may be a schedule, a checklist, a conversation, training, a mentor, a better planning process, a budget, accountability, or a clearer boundary around time and responsibility.

What needs support?	What support or structure would help?	What happens if this remains unsupported?
Time or schedule		
Skill or knowledge gap		
Decision-making		
Follow-through		
Emotional response or reaction pattern		
Confidence or preparation		
Communication or relationships		

### James 1:5 KJV

*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

Asking for wisdom is not weakness. It is part of learning how to handle responsibility with better judgment.

## Section 5: Thirty-day development focus

Choose one development priority for the next 30 days. The focus should be small enough to practice and important enough to matter. Avoid choosing a goal that sounds impressive but cannot be sustained.

The aim is to build evidence of development. Evidence may include completed actions, a repeated practice, a better response, a prepared conversation, a clearer decision, or a responsibility handled with more order.

30-day focus	Answer
The area I will strengthen first	
Why this area matters now	
The practice or action I will repeat	
How often I will do it	
What could interfere with follow-through	
What support or reminder I need	
How I will know progress is happening	

## Section 6: Development snapshot

Use this final page to summarize what you learned. This is not a full life plan. It is a clear record of what needs attention now and what development action should begin next.

Prompt	Your response
The area that needs strengthening	
What showed me this needs attention	
What I need to stop treating casually	
What structure or support is needed	
The first 30-day focus	
The evidence I will look for	

### 2 Peter 1:5-6 KJV

*And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness;*

Growth has order. Development is not only about desire. It requires diligence, practice, and continued maturity.

Personal development should produce more than language about growth. Start with the area most connected to the responsibility, decision, or season you are facing. Give it structure, practice it consistently, and review the evidence after 30 days.