

# Personal Development Challenge

**Category of Competencies:** Professionalism Skills

**Description:**

A two-week self-directed activity where participants choose a small, positive habit to develop and a new skill to learn. This could be implemented within free-time or in the context of school or the workplace, depending on the context. Participants track their daily progress and reflect on their efforts during a follow-up session with a mentor.

**Activity Categories:**

Individual, Easy to Implement, Ongoing

**Main Competencies Involved:**

Conscientiousness, Organisation, Perseverance, Responsibility

**Other Competencies (Different Category):**

Enthusiasm, Reliability, Self-Motivation

**Resources Needed and Practical Considerations:**

Simple log or personal tracking sheet for participants to record daily progress, Weekly check-in sessions with mentors

Optional: Journal or mobile app for tracking habits and skill development

**Estimated Time:**

Ongoing for 2 weeks, with daily commitment (10-15 minutes/day) and weekly reflection sessions

**Description of Activity:**

Step 1: Introduce the challenge to participants, explaining that they will be focusing on two specific goals over the next two weeks:

- *Goal 1:* Building a small, positive daily habit (e.g., journaling, morning stretches, or tidying their personal space)
- *Goal 2:* Developing a new skill or hobby (e.g., learning a recipe, practising a basic exercise routine, or reading about a new topic)

Step 2: Ask participants to choose one habit and one skill that they will work on throughout the two weeks. They should consider what habit or skill might be both enjoyable and beneficial for their personal growth.



Step 3: Provide each participant with a simple tracking sheet or ask them to use a personal journal/app to log their daily activities. Each day, they should record:

- *Habit Tracking:* Whether they completed their daily habit and any reflections on how it impacted their day
- *Skill Development Tracking:* A brief note on their progress with the new skill, challenges faced, and what they learned

Step 4: Conduct a brief check-in with each participant at the end of Week 1. This session allows them to discuss:

- Their consistency in developing the habit and skill
- Any challenges encountered and strategies to stay motivated
- Adjustments they might need to make to stay on track for Week 2

Step 5: At the end of Week 2, facilitate a reflection session where participants review their tracking sheets or journals with the tutor validator. Reflection questions can include:

- What did you learn about yourself in building a habit over two weeks?
- How has practising a new skill affected your confidence or motivation?
- Were there any unexpected challenges, and how did you overcome them?
- Do you see yourself continuing with this habit or skill?

