KENSINGTON GROUP LLC

Personal Development & Private Mentorship | Antony Mitchell, Principal

Your starting point

Choose one area that matters. Keep your answers private or share only what you choose.

Name _____ Date _____

1 What do you want specifically

Describe a change you would recognize in everyday life.

2 Why does it really matter

What would it change for you? Keep asking why until the answer means something.

3 Does this goal belong to you

Would you still want it if nobody else knew? You may reset the goal.

4 What is happening now

Look at habits, circumstances, thoughts and practical obstacles.

5 What are you willing and able to do

What time, effort or trade-off will you accept? What support would help?

My first achievable step _____

I will do it by _____ and review it on _____

Your next 90 days

Use this planning horizon even if your purchased access period is shorter.

Plan starts _____ Review date _____

My main goal and real reason

Use the starting reflection to name a result you genuinely want.

My starting point and evidence of progress

What can I observe or record? Track actions as well as outcomes.

Monthly milestones

By day 30 _____

By day 60 _____

By day 90 _____

Weekly commitments and daily habits

Each week I will _____

On these days I will _____

My review method or person _____

If I get stuck, my smaller step or support is _____

Your weekly review

A missed commitment is a reason to investigate, adjust and begin again.

Week beginning _____ Review date _____

1 What did I commit to

List the actions and deadlines you chose.

2 What happened

What did you complete? What evidence or useful change can you identify?

3 What helped or got in the way

At the moment action was due, what were you thinking or dealing with?

4 Does the goal still matter

Revisit the real reason. Keep, reduce or reset the commitment as needed.

5 What will I do next and by when

Choose one to three achievable actions and name any help you need.

My next review will be _____ using _____

Share through your programme only if you choose. Do not include unnecessary sensitive details.