

# 2014 PLANNING TOOL

## FOR HEALTH PROMOTION PRACTITIONERS

Reflecting on 2013	Planning for 2014
<p>What 3 words best sum up your work year?</p>	<p>What 3 words best describe how you want your 2014 work year to be?</p>
<p>What achievements did you have this year? What can you add to your CV or LinkedIn profile about your new skills and projects you have worked on?</p>	<p>What is one new work skill you would like to develop? This could be anything from learning to use Survey Monkey, using Twitter at conferences, improving your public speaking skills or using a tool like Prezi.</p> <p>How and when will you start to work on developing this new skill?</p>
<p>What projects or tasks did you love doing in 2013? What were the tasks where you felt 'flow', that is when you were so involved that time flew?</p>	<p>How can you incorporate these kinds of tasks into your 2014 projects?</p>
<p>What strategies did you use to overcome challenges, either big or small?</p>	<p>"When I face stress or uncertainty I will..."</p>



<p>Who have you been inspired by this year? Was there a presentation you heard where you were moved by the speaker's passion? Is there a leader in your organisation who you look up to, and why? Does a colleague's motivation and work ethic inspire you to do better?</p> <p>Think about telling them!</p>	<p>Think about someone you want to mentor this year. It may be someone in your team, or another organisation. It may actually be someone you haven't met, perhaps a figurative student. Who do you see potential in and want to mentor?</p> <p>What mentors or leaders do you want to connect with and invite to help inspire you or learn from in 2014?</p>
<p>What activities or habits do you have that don't achieve the best use of your time? E.g. Writing long emails instead of speaking to someone on the phone or in person.</p>	<p>What new habits can you work on that increase your time and productivity?</p>
<p>What was the best networking or professional development event you went to this year and what made it a stand out?</p>	<p>What networking and/or professional development do you want to do this year? What do you hope to achieve?</p>
<p>Have I 'practised what I preach'? Did you eat your 2+5? What is your relationship with alcohol, tobacco and other drugs? How do you look after your mental health?</p>	<p>What are your personal health and wellbeing goals for 2014?</p> <p>What actions are you doing to achieve your goals?</p>
<p>2013 was the year that I....</p>	<p>2014 will be the year that I....</p>

