

Personal Development Plan (PDP)

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Section: **22**

Current Status	Goals (SMART)	Action Plan	Resources Needed	Time
Lack of confidence in speaking	Improve verbal communication in 3 months	Join clubs, weekly presentations	Courses, mentor	3 months
Want to contribute	Be active participant	Engage in group tasks	Faculty guidance	2 months
Difficulty prioritizing	Build daily routine	Use planner, Pomodoro	Planner app	1 month
Stress control	Improve self-awareness	Journaling, mindfulness	Books, apps	4 weeks
Lack of exposure	Lead a mini-project	Volunteer for leadership	Peer coordination	6 weeks
Self-doubt	Increase confidence	Affirmations, challenges	Mentor, content	3 weeks
Lack of exercise	Workout 4 days/week	Beginner plan, walking	Fitness apps	1 month
Personal stress	Improve clarity	Meditation, detox	Meditation app	2 months
Unbalanced eating	Adopt healthy diet	Fruits, hydration	Nutrition guide	1 month
Inconsistent habits	Build 3 good habits	Daily tracking	Habit apps	3 months