Action Plan

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|  | Issue | Action | How | By When |
| 1. | I want to become more independent. | Move out of my parents’ house. | Save money for a deposit on a house, and investigate rent prices in Martlesham Heath. | July 2015 |
| 2. | I don’t get enough sleep when I get carried away with a challenge. | Go to bed earlier.  Feel less stimulated in the evenings. | Spend more time reading in the evenings. | December 2014 |
| 3. | Improve my work/life balance.  Get more exercise. | Meet more people my age, and thus spend less time on my own with a computer. | Join a gym.  Join East Bergholt Tennis Club.  Join a church with a younger congregation. | September 2015 |
| 4. | Life decisions should be made pragmatically and be based on experience rather than others’ opinions. | Investigate being a people manager before dismissing it as a career choice.  Investigate opportunities for post-graduate education at BT. | Talk to my manager about leadership styles and discuss potential opportunities after my apprenticeship. | February 2015 |
| 5. | I do not build life maintenance like housework or cooking into my day. | Take on more housework duties at home. | Practise cooking with Mum, and help cleaning the house. | October 2014 |
| 6. | My day job does not involve algorithm design, and this is a valuable skill for a software developer, and will help me maintain a growth mindset. | Practise algorithm design as a hobby. | Complete 10 HackerRank challenges in Algorithm design. | January 2015 |
| 7. | I don’t know how to effectively motivate people when leading a group. | Practice leading groups. | Lead a bible study session at church.  Lead a youth group meeting. | December 2015 |

Strengths

I am hard working and I am gaining more experience programming computers.

I have a growth mindset when it comes to my career.

I am creative, adaptable and I learn new skills quickly.

I can build up savings.

Weaknesses

I can get carried away when working on a problem or challenge.

I can be over confident in my own abilities and I don’t give myself enough time to prepare for tasks.

Algorithm design.

I sometimes base my opinions on others’ perceptions and my own generalisations.

I can’t seem to motivate people when I need to lead them in a challenge.

Opportunities

To find out more about the Research area of BT through my apprenticeship’s rotation scheme.

To do a Phd or Masters in Computer Science.

To improve leadership skills at the youth group I help out with.

Improve my cooking skills by learning from my Mum.

Threats

Prematurely taking on too much responsibility at work and suffering another nervous breakdown.

Not building good housekeeping habits at home before moving out.

Becoming too absorbed in work that I don’t find a partner or have a social life.