

# **Personal Development Plan - Kavya**

1. Set a goal to improve confidence through daily positive affirmations.
2. Join a small student club at Alliance University to build social comfort gradually.
3. Practice public speaking by participating in class discussions once a week.
4. Schedule quiet reflection time to recharge and maintain emotional balance.
5. Read one personal growth or communication book each month.
6. Seek mentorship from a supportive professor or senior student.
7. Develop time management skills using a weekly planner.
8. Attend workshops on leadership and teamwork to enhance interpersonal skills.
9. Volunteer for campus events to gain exposure and experience.
10. Track progress monthly and celebrate small achievements to stay motivated.