



**Fran LaMattina, MCC, BCC**  
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# PERSONAL EFFECTIVENESS PLAN

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## Personal Mission:

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## Primary Focus/Disciplines:

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## Desired Future: One Year:

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## Values and Commitments:

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## Personal Challenges:

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## Desired Future: Five Years:

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## Strengths/Gifts:

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## To Do's/Tolerations:

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## Desired Future: Ten Years:

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