

Self-Improvement or Personal Development

Self-Improvement or Personal Development are areas we all want to somehow incorporate into our planning lives.

Sit with Karine Tovmassian as she interviews Pat Duggan of the [Duggan Difference](#) on how she employs her planner to move her business along.

If you have ideas for future episodes please send them to steve at philofaxy dot com

Show Notes (timings approximate)

00:00 - Introductions

01:00 - Understanding how personal development fits in to planning

02:00 - Background

03:30 - One person, one life, one planner

06:00 - What planners Pat uses

08:00 - Tracking information

10:30 - Ensuring plans don't fail

11:30 - Tracking things we enjoy

12:30 - Personal and professional development

14:30 - Where to put things

16:45 - Personal Goals

19:30 - Your planner as a roadmap of life

20:30 - Tasks vs To-Do Lists

23:00 - Using Multiple Planners

24:00 - [Pat's A5 insert](#)

25:00 - What size to use for what

26:00 - Suffering from grief or depression