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