Self-Improvement or Personal Development

Self-Improvement or Personal Development are areas we all want to somehow incorporate into our 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)
0:00 - Introductions
1:00 - Understanding how personal development fits into planning
2:00 - Background
3:30 - One person, one life, one planner
6:00 - What planners Pat uses
8:00 - Tracking information
10:30 - Ensuring plans don't fail
12:30 - Tracking things we enjoy
13:30 - 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
21:30 - Using Multiple Planners
24:00 - Pat's A5 insert
25:00 - What size to use for what
26:00 - Suffering from grief or depression