

## **Self-Improvement or Personal Development**

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

Join 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)

10:00 - Introductions

11:00 - Understanding how personal development fits in to planning

12:00 - Background

13:30 - One person, one life, one planner

16:00 - What planners Pat uses

18:00 - 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