



Limitless ATC

PROFESSIONAL DEVELOPMENT

Never Stop Learning



Self Development Planner

# Athletic Training

Think of an area of Athletic Training that you believe has room for growth or an area that can be improved for the future of the profession:

- How can you impact that growth?
- What steps will you take to better the profession?

What were the last 3 most difficult cases or injuries you have experienced?

- Is there anything you would change about your treatment or managing of the case or cases?
- Is there anything else about these cases you would like to make note of for future reminders?

Reflect on the above, what skill or knowledge area would you like to focus on this year?

**BELIEVING IN YOURSELF  
IS THE FIRST SECRET TO  
-SUCCESS-**



## General Goal Planning

Use the following resources to help plan out your goals both personal and professional.

Use words, photos, phrases, quotes or whatever feels useful to help outline the following:

Current State

Desired State

Action Plan

## Vision Board

Utilize this space to showcase photos and quotes that will help you to visualize the success you desire.

# Detailed Goal Planning

## Instructions

The following section includes the following planning documents to help create an actionable plan for your professional, personal and physical goals.

- Timeline template
- Monthly Planner: 6 months of monthly planning documents. Plan out your goals and how you will achieve them.
- Weekly Planner: Utilize these pages to detail the actions you will take to progress toward your goal

Tips:

- Remember writing out your goals increases the likelihood you achieve them. Additionally, creating an actionable plan can also help to ensure that you live your life to the fullest and reach your true potential!
- Refer back to your vision board

**Remember to focus on  
progress over  
perfection!**

# Month 1

A NEGATIVE  
MIND WILL  
NEVER  
GIVE YOU A  
POSITIVE LIFE

# Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Goals for the month

Professional	Personal	Physical
•	•	•
•	•	•
•	•	•

# Athletic Training Focus

What skills do you want to work or improve on this month?

Is there a process that could be streamlined?

How many CEUs do you currently have?

What CEU Content would you like to focus on?

What is your plan for meeting your CEU goals?

# Weekly Planner

Sunday	
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Personal Focus of the week:

Professional Focus of the week:

# Weekly Planner

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Personal Focus of the week:

Professional Focus of the week:

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Personal Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

Month 2

# Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Goals for the month

Professional	Personal	Physical
•	•	•
•	•	•
•	•	•

# Athletic Training Focus

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Personal Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

# Weekly Planner

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Personal Focus of the week:

Professional Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

# Month 3

B<sub>3</sub> A L<sub>1</sub> A N<sub>1</sub> C<sub>3</sub> E<sub>1</sub>

Y<sub>4</sub> O<sub>1</sub> U<sub>1</sub> R<sub>1</sub>

L<sub>1</sub> I<sub>1</sub> F<sub>4</sub> E<sub>1</sub>

# Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Goals for the month

Professional	Personal	Physical
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•	•	•
•	•	•

# Athletic Training Focus

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Personal Focus of the week:

Professional Focus of the week:

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Personal Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

Month 4

# Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Goals for the month

Professional	Personal	Physical
•	•	•
•	•	•
•	•	•

# Athletic Training Focus

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Personal Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

# Month 5



# Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Goals for the month

Professional	Personal	Physical
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•	•	•
•	•	•

# Athletic Training Focus

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Personal Focus of the week:

Professional Focus of the week:

Month 6

# Monthly Planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Goals for the month

Professional	Personal	Physical
•	•	•
•	•	•
•	•	•

# Athletic Training Focus

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Personal Focus of the week:

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Personal Focus of the week:

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Personal Focus of the week:

Professional Focus of the week:

# Reflection

Use this space to summarize your growth and achievements.



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