Arkusz Rozwoju

Traktuj tą metodę jako inspirującą pomoc, a nie sztywny formularz do wypełnienia. Nie musisz wypełniać wszystkich pól, np. nie musisz się oceniać codziennie jeśli robisz to to tydzień.

|  |  |
| --- | --- |
| Miesiąc |  |

R1. Rozwój duchowy (dusza)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Cel rozwoju**  (po co to robisz? do czego dążysz?) | | | | | | | | | | | | | | | | | **Plan na konkretne działania**  np. codzienne aktywności | | | | | | | | | | | | | | | | | | | |
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| **Ocena stopnia realizacji** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Codzienna  (wstaw x) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 |
|  |  |  |  |  |  |  | |  |  |  |  |  |  | |  | |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  |
| Tygodniowa  (ocena 1-10) |  | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | |
| Miesięczna  (ocena 1-10) |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

R2. Rozwój intelektualny (rozum)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Cel rozwoju**  (po co to robisz? do czego dążysz?) | | | | | | | | | | | | | | | | | **Plan na konkretne działania**  np. codzienne aktywności | | | | | | | | | | | | | | | | | | | |
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| **Ocena stopnia realizacji** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Codzienna  (wstaw x) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 |
|  |  |  |  |  |  |  | |  |  |  |  |  |  | |  | |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  |
| Tygodniowa  (ocena 1-10) |  | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | |
| Miesięczna  (ocena 1-10) |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

R3. Rozwój psychiczny i emocjonalny (serce)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Cel rozwoju**  (po co to robisz? do czego dążysz?) | | | | | | | | | | | | | | | | | **Plan na konkretne działania**  np. codzienne aktywności | | | | | | | | | | | | | | | | | | | |
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| **Ocena stopnia realizacji** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Codzienna  (wstaw x) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 |
|  |  |  |  |  |  |  | |  |  |  |  |  |  | |  | |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  |
| Tygodniowa  (ocena 1-10) |  | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | |
| Miesięczna  (ocena 1-10) |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

R4. Rozwój fizyczny (ciało)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Cel rozwoju**  (po co to robisz? do czego dążysz?) | | | | | | | | | | | | | | | | | **Plan na konkretne działania**  np. codzienne aktywności | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | | | |
| **Ocena stopnia realizacji** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Codzienna  (wstaw x) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | 13 | | 14 | | 15 | 16 | 17 | 18 | 19 | | 20 | 21 | 22 | 23 | 24 | 25 | | 26 | 27 | 28 | 29 | 30 | 31 |
|  |  |  |  |  |  |  | |  |  |  |  |  |  | |  | |  |  |  |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  |
| Tygodniowa  (ocena 1-10) |  | | | | | | |  | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | |
| Miesięczna  (ocena 1-10) |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |