

# Mind Treks Simple IDP

A one-page personal development plan for your next meaningful career move.

NAME

DATE

CURRENT ROLE

## SECTION 1

### Your Next Meaningful Role

What role do you want to move into next—vertical, lateral, or diagonal?

Use this space for:

- Role title
- Team or function
- Why this role matters to you

## SECTION 2

### Your 4–6 Core Skills

List the skills that matter most for your next role. Include both role-specific and transferable skills.

Skill 1

e.g., stakeholder communication

Skill 2

e.g., project planning

Skill 3

e.g., data analysis

Skill 4

e.g., mentoring or coaching

Skill 5

Skill 6

Mix technical skills with “power skills” like communication, planning, problem-solving, and collaboration.

## SECTION 3

### Your 3–5 Key Experiences

Which real-world experiences will help you prove readiness? Choose projects, tasks, or responsibilities.

Examples: lead a meeting · own a small project · shadow a senior peer · learn and use a new tool.

Revisit this IDP every month. Small, steady progress compounds.

MIND TREKS