



# Army Self-Development Handbook

*U.S. Department of Defense, U.S. Army, D. Kvasnicka, U.S. Military, U.S. Government*

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## Preface

The Army accomplishes a wide array of missions in diverse and unusual circumstances around the world. At the same time, the Army is engaged in a massive and accelerated transformation that will infuse new organizations, technologies, and capabilities throughout the Army. To meet the recurring challenges, Army personnel must supplement institutional and organizational training and education with continuous, planned selfdevelopment. Self-development is also important to achieving your personal and professional goals. Maybe you want to qualify for an advanced level in your career or for a different career track altogether. Maybe you lack skills or knowledge. Or, maybe there is something you've just always wanted to learn or become more knowledgeable about. Whatever the case, you can use the information and exercises in this Self-Development Handbook to set your direction for self-development and help you take action.

Your personal growth benefits both you and the Army. Due to the diversity of the Army's missions and needs, there are many self-development topics to study—from gaining leadership skills to learning a new language. No matter what you choose to focus on, you will make yourself and your current or future organization more adaptable, agile, and resilient by adding depth and variety of expertise.

This handbook draws on lessons from the field, educational and leadership research, and applicable Army regulations and doctrine to provide you with state-of-the-art guidance on designing and implementing your own program of self-development.

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