

# Personal Growth PLANNER

# REVIEW FROM LAST YEAR

OBSTACLES I ENCOUNTERED

LESSONS I LEARNED

NEW SKILLS I LEARNED

THINGS I'M GRATEFUL FOR

FAVORITE MOMENTS

OTHER IMPORTANT THINGS I WANT TO REMEMBER

HOW I CAN MAKE THIS YEAR BETTER

# THIS YEAR, I WILL DO

## MORE OF

## LESS OF

## LESS OF

# MY SITUATION RIGHT NOW

MY STRENGTHS

MY WEAKNESSES

GOOD HABITS TO KEEP OR START

BAD HABITS TO ELIMINATE

# CLOSER TO MY IDEAL SELF

KNOWLEDGE & EXPERIENCE TO ACHIEVE	RESOURCES
	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

# MY ACTIVITIES CHECKLIST

# GOALS OVERVIEW

GOAL	STEPS AND STRATEGIES
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# MINDSET

# PEOPLE WHO'LL HELP ME GROW

## ACTIVITIES TO HELP ME GROW

# GOAL ACTION PLAN

START DATE :

END DATE :

MY GOAL

AFFIRMATION STATEMENT OR QUOTE

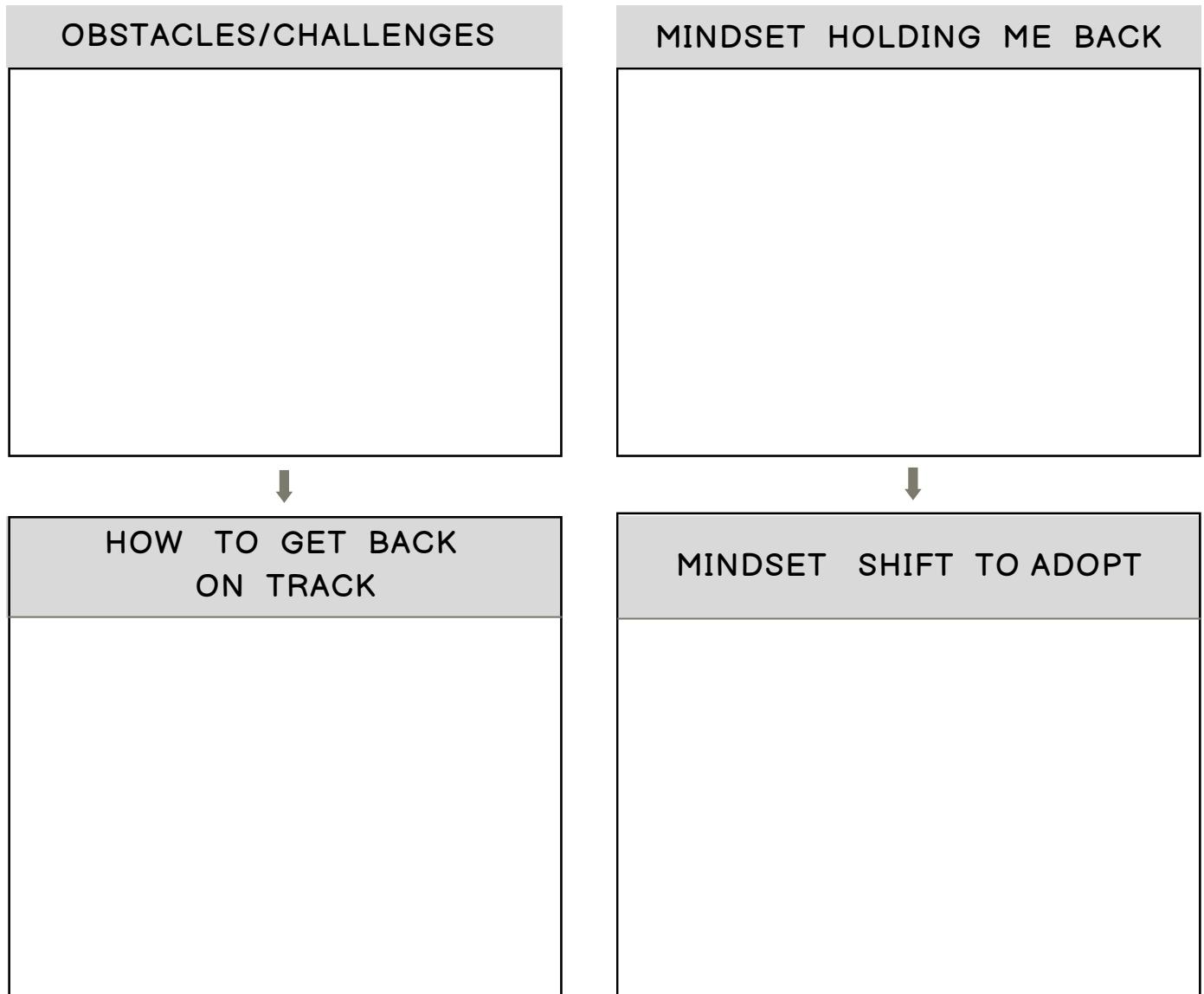
FOCUS AREA

ACTION STEPS / HABITS

SCHEDULE



# GOAL ACTION PLAN



NOTES

---

---

---

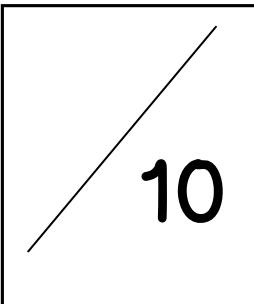
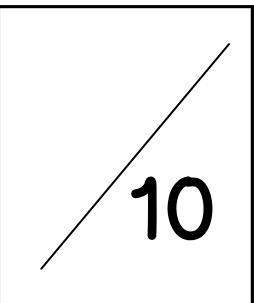
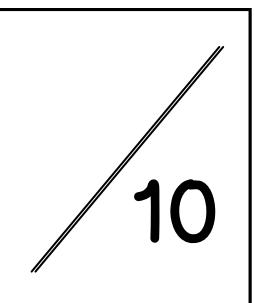
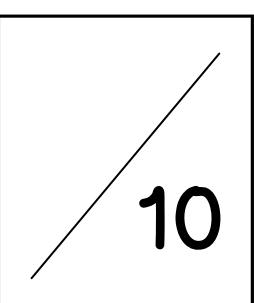
---

---

---

---

# GOAL REFLECTION

HOW HAVE I DONE	HOW TO DO BETTER	RATING
	<hr/> <hr/> <hr/> <hr/>	 10
	<hr/> <hr/> <hr/> <hr/>	 10
	<hr/> <hr/> <hr/> <hr/>	 10
	<hr/> <hr/> <hr/> <hr/>	 10

# GOAL REVIEW

GOAL :

START DATE :

END DATE :

HAVE I ACCOMPLISHED MY GOAL? HOW DO I FEEL ?

GOAL ACHIEVED

1 2 3 4 5 6 7 8 9 10

MILESTONE

WHAT I HAVE LEARNT

NEXT STEPS

# GOAL REVIEW

START DATE :

END DATE :

MY GOAL

AFFIRMATION STATEMENT OR QUOTE

ACTION PLANS FOR MY GOAL

SCHEDULE

HABITS & ROUTINES

RESOURCES I NEED

# DAILY PLANNER

## MORNING PLAN

6 : 00

7 : 00

8 : 00

9: 00

10 : 00

11 : 00

12: 00

## AFTERNOON PLAN

1: 00

2 : 00

3 : 00

4 : 00

5 : 00

## EVENING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

## PRIORITIES



## TO DO LIST



## INTENTION

## GRATITUDE

# WEEKLY PLANNER

		WEEKLY GOALS	
	MONDAY		
	TUESDAY		
	WEDNESDAY		
	THURSDAY		
	FRIDAY		
	SATURDAY		
	SUNDAY		
IDEAS & INSPIRATION		TO DO LIST	
		<input type="checkbox"/>	
NOTES		THINGS I'M THANKFUL FOR TODAY	

# RELAXATION TRACKER

TECHNIQUES TO RELAX MY MIND

TECHNIQUES TO RELAX MY BODY

TECHNIQUES TO RELAX  
MY BREATHING

TECHNIQUES TO  
RELAX MY NERVES

# THINKING PATTERNS

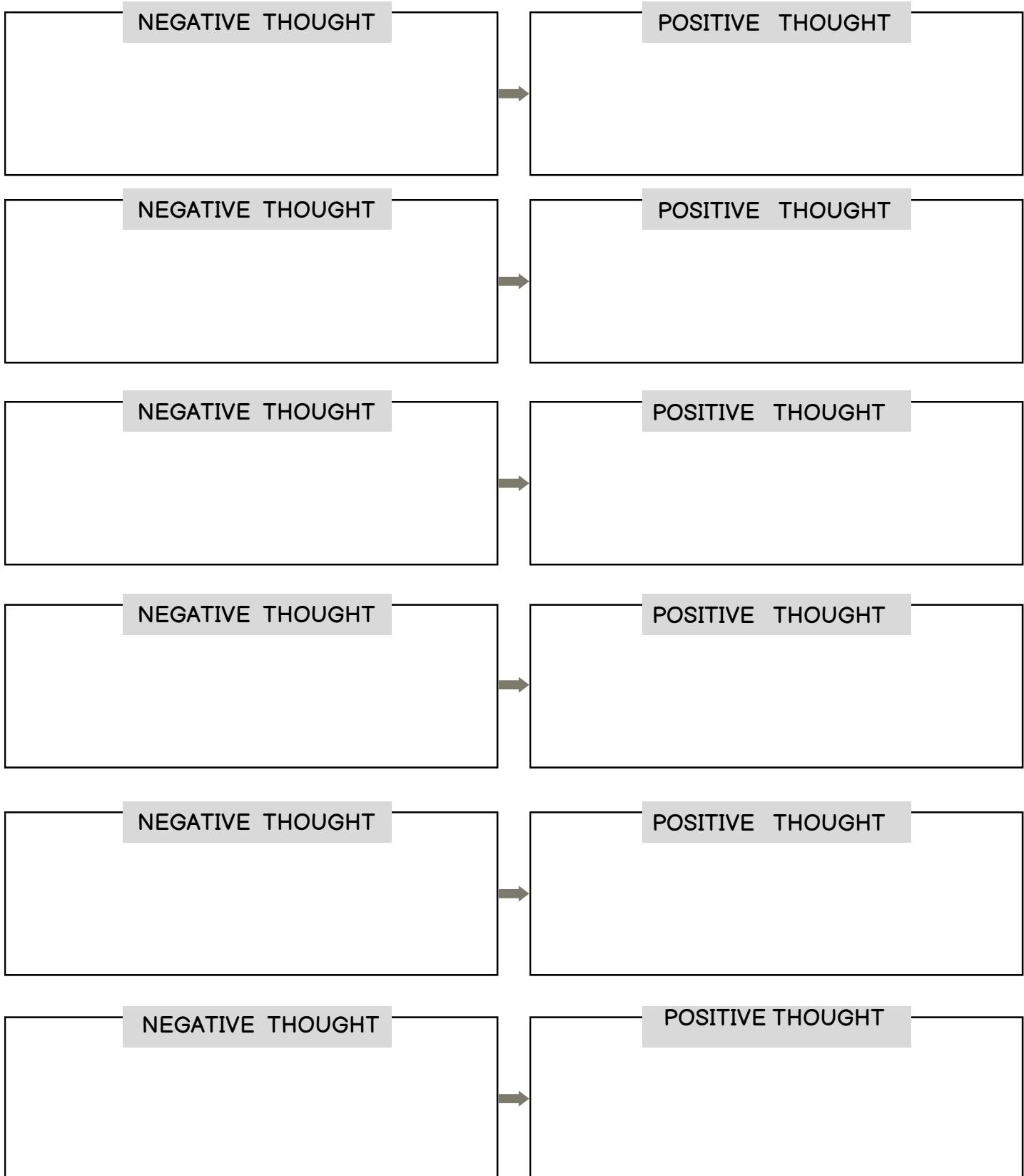
THOUGHTS ABOUT MYSELF

THOUGHTS ABOUT OTHERS

THOUGHTS ABOUT THE WORLD

THOUGHTS ABOUT THE FUTURE

# POSITIVE THINKING



# GOING WITH THE FLOW

## SITUATION

---

---

FOCUS ON YOUR POSITIVES ( What are the good things in my life right now? )

---

---

LIVE IN YOUR MOMENT ( What ways can I be present and relaxed? )

---

---

OPEN YOUR MIND TO BACK UP PLANS ( What else can do to take care of myself? )

---

---

WELCOME COMMUNICATION CHANGE ( How can I better communicate my needs? )

---

---

# MY SOUL STUFF

## THINGS I CAN DO WHEN I AM SAD

## THINGS I CAN DO WHEN I AM BORED

THIS YEAR I AM LOOKING FORWARD TO

## MY FAVOURITE MOVIES

## SPECIAL PAMPERING CHECKLIST

## MY FAVORITE TV SHOWS

## MY FAVORITE BOOKS

## MY FAVORITE SONGS

# TO-DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# MY RESOURCES

## BOOKS



---



---



---



---



---



---



---



---

## VIDEOS



---



---



---



---



---



---



---

## PODCASTS



---



---



---



---



---



---



---



---

## FILM / DOCUMENTARIES



---



---



---



---



---



---



---

# MY MEDITATION

## MY MEDITATION GOALS

- 1.
- 2.
- 3.

# GOAL TRACKER

GOAL :

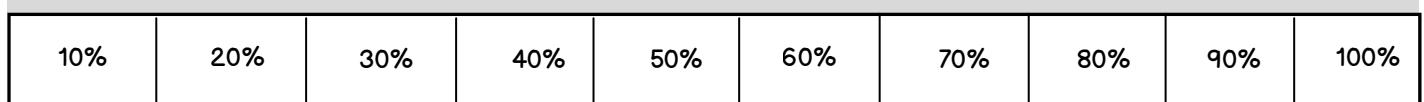
START DATE :

END DATE :

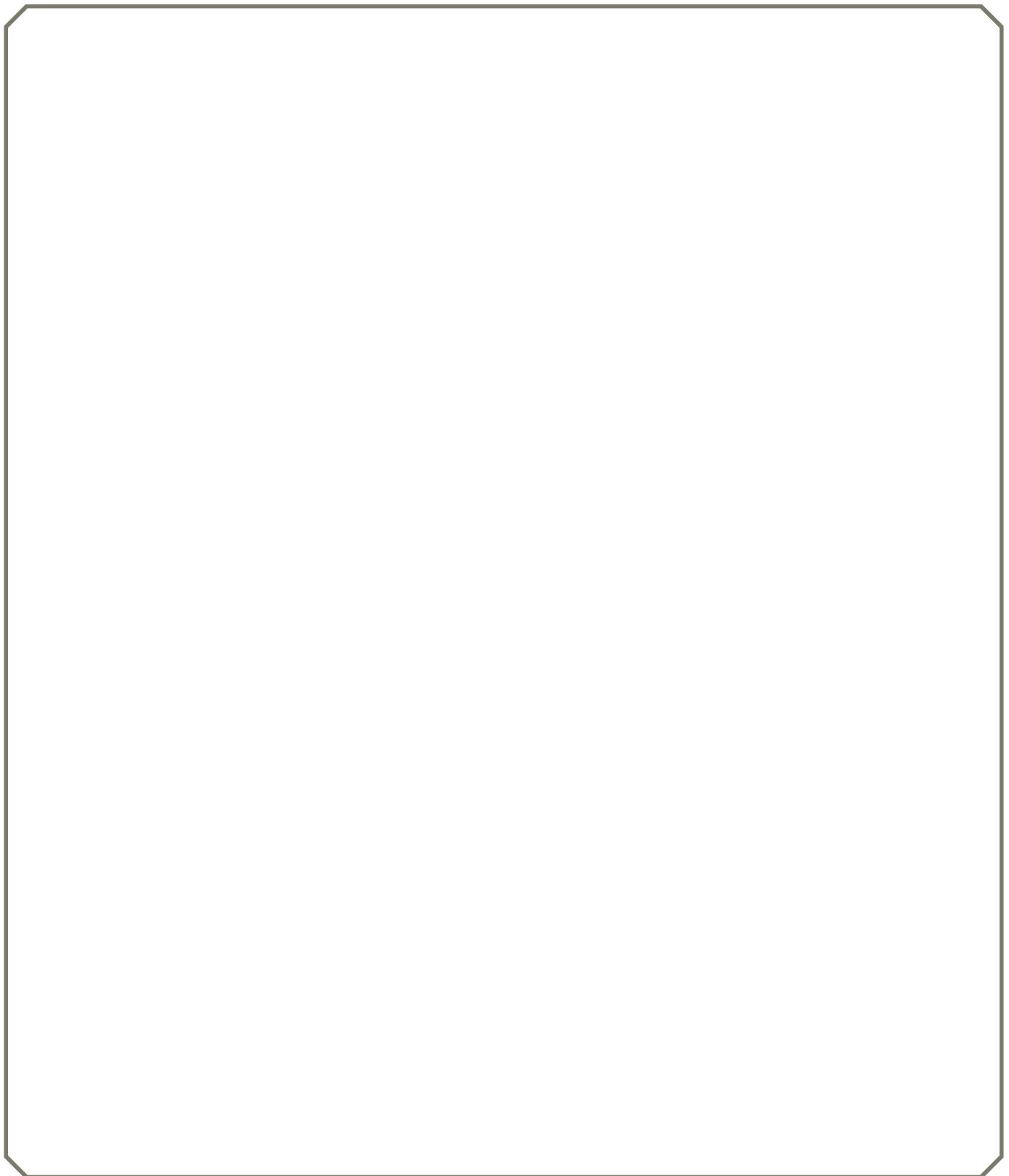
REWARD :

	ACTION STEPS	NOTES
<input type="checkbox"/>		

PROGRESS TRACKER



# IDEAS BRAINSTORM



# BUCKET LIST

# NOTES