



Self-Growth Journey

Heart

Body

Life

Mind

Creating the Amazing Life That You Deserve

This worksheet is a part of the
Self-Growth Journey™ Program.

To read more about the program or to
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



Instructions

1. Document your biggest wins, failures, learnings and things you couldn't have done differently for a better outcome.
2. Reflect in writing about how your week went and what changes you need to make to ensure that your monthly plans will stay on track.



Week _____

Life Area

1. _____
2. _____
3. _____

Life Area

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

[illegible]