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. Decide which parts of your monthly plan will you tackle this week.
2. Plan your task across the days of the week. Make sure your hardest and critical tasks come first.
3. Create your to-do list on the second page and set up your habit tracker with the habits you will target this week.

Note: Remember to leave enough breathing room in your week. Do not overpack; instead, make sure there's enough space to rest and recover.

WEEKLY PLAN

Week _____ — _____

Monday	Tuesday	Wednesday	Thursday	Friday

Top Goals This Week

1. ....
2. ....
3. ....

Top Priority Tasks

1. ....
2. ....
3. ....

NOTES

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WEEKLY PLAN

This week's mantra ....

Saturday	Sunday	Weekly To-Do List	Notes

Important Events

Weekly Habit Tracker

Habit Name	Expected	M	T	W	T	F	S	S	Total
1.									
2.									
3.									
4.									
5.									
6.									
7.									

Obstacles and Problems I Foresee