



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. You will first review your list of values against each one of your short-term goals.
2. You will identify which values you have that are supportive of that goal, and which values you need to have that are currently missing.
3. Next, you will identify which strengths, weaknesses, skills, and passions are relevant for your goals' achievement.
4. Lastly, you will document the items that you need to improve to ensure you will be able to accomplish those goals.



Values Alignment

#1 Goal: _____

Supporting Values	Missing Values

#2 Goal: _____

Supporting Values	Missing Values

#3 Goal: _____

Supporting Values	Missing Values



Resources Alignment

#1 Goal: _____

Supporting Strengths	Supporting Skills

Supporting Passions	Impeding Weaknesses

Top 3 strengths to improve on

-
-
-

Top 3 skills to improve or add

-
-
-

Top 3 passions to ignite

-
-
-

Top 3 weaknesses to work on

-
-
-



Resources Alignment

#2 Goal: _____

Supporting Strengths	Supporting Skills

Supporting Passions	Impeding Weaknesses

Top 3 strengths to improve on

-
-
-

Top 3 skills to improve or add

-
-
-

Top 3 passions to ignite

-
-
-

Top 3 weaknesses to work on

-
-
-



Resources Alignment

#3 Goal: _____

Supporting Strengths	Supporting Skills

Supporting Passions	Impeding Weaknesses

Top 3 strengths to improve on

-
-
-

Top 3 skills to improve or add

-
-
-

Top 3 passions to ignite

-
-
-

Top 3 weaknesses to work on

-
-
-