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# Self-Growth Journey



Heart

Body

Life

Mind

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**Creating the Amazing Life That You Deserve**

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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. Your annual review is done quarterly
2. Each quarter will add additional reflection upon the previous quarter.
3. For each quarterly review, have the previous reviews handy, and transcribe the trend data on page 2.
4. To calculate your quarterly score, consider a number between -5 (Lacking) and 5 (Exceeding) with 0 being Neutral. Observe how your score changes quarter after quarter.

### **Note:**



## QUARTERLY REVIEW

### This Quarter's Top Wins

YEAR: .....

Quarter .....

#### Big Win

#### Life Area

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. ....</li> <li>2. ....</li> <li>3. ....</li> <li>4. ....</li> <li>5. ....</li> </ol> | <ol style="list-style-type: none"> <li>.....</li> <li>.....</li> <li>.....</li> <li>.....</li> <li>.....</li> </ol> |
|---|---|

### This Quarter's Top Failures

#### Big Fail

#### Life Area

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. ....</li> <li>2. ....</li> <li>3. ....</li> </ol> | <ol style="list-style-type: none"> <li>.....</li> <li>.....</li> <li>.....</li> </ol> |
|---|---|

### Top Learnings

#### What I learned

#### Life Area

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. ....</li> <li>2. ....</li> <li>3. ....</li> <li>4. ....</li> <li>5. ....</li> </ol> | <ol style="list-style-type: none"> <li>.....</li> <li>.....</li> <li>.....</li> <li>.....</li> <li>.....</li> </ol> |
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### Habits Plan

#### Top Habits I Succeeded With

#### Top Habits I Struggled With

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. ....</li> <li>2. ....</li> <li>3. ....</li> </ol> | <ol style="list-style-type: none"> <li>1. ....</li> <li>2. ....</li> <li>3. ....</li> </ol> |
|---|---|

### Other Areas Where I Struggled

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.....

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### Things I'll Do Differently

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## QUARTERLY REVIEW

### This Quarter's Score Card

YEAR: \_\_\_\_\_ Quarter \_\_\_\_\_

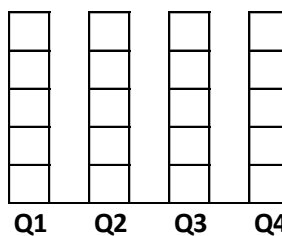
- Was I generally disciplined and consistent across the board?
- Was I productive across the board?
- Was I connected and engaged with the people I love?
- Have I taken care of my physical health?
- Did I maintain low levels of stress?
- Have I made people around me happy?
- How positive was this quarter overall?

1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
<b>TOTAL GRADE</b>					

### How Do I Feel Relative to My Life's Areas

	Lacking			Neutral			Exceeding		
Physical									
Emotional									
Mental									
Spiritual									

### Score Trend



### Best Memories From This Quarter

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### What Am I Most Grateful For?

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### Other Reflections and Plans

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## ANNUAL REVIEW

YEAR: .....

### Annual Goal Status

	Date	0%	100%						
Goal #1	.....								
Goal #2	.....								
Goal #3	.....								

### Other Big Wins This Year

- .....
- .....
- .....

### Life Area

.....

.....

.....

### Major Failures This Year

- .....
- .....
- .....

### Life Area

.....

.....

.....

### Skills I Acquired or Improved This Year

- .....
- .....
- .....
- .....
- .....

### Current Level

.....

.....

.....

.....

.....

### Relationships I've Nurtured This Year

- .....
- .....
- .....
- .....

### Grade 1-5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

### How Have I Felt Most of the Year

1. Physically: .....
2. Emotionally: .....
3. Mentally: .....
4. Spiritually / Socially: .....

### Grade 1-5

1	2	3	4	5
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1	2	3	4	5
---	---	---	---	---

1	2	3	4	5
---	---	---	---	---

1	2	3	4	5
---	---	---	---	---



## ANNUAL REVIEW

YEAR: \_\_\_\_\_

### Top Good Habits I Implemented

### Difficulty (1-10)

### Will Continue?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Top Bad Habits I Removed

### Difficulty (1-10)

### Will Continue?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Areas of Vision I Progressed the Most

### How Do You Feel About It?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Top Values I Lived By

### Top Values I Failed To Live By

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### Areas of Personal Growth I Need To Work On

#### Physical

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Emotional

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Mental

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Spiritual / Social

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

