
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. To start filling up your annual plan, use your short-term goal sheets and the learning plan you just created.
2. Complete the annual overview plan first.
3. Next, use the Annual Calendar to mark important items:
 1. Goal completion deadlines and significant milestones
 2. Learning stages (beginning and ending)
 3. Other critical events (vacations, birthdays, anniversaries)
4. Complete one Goal Tracking Worksheet for each of your goals you have set for the next twelve months. Keep these worksheets easily accessible to track your progress.

Note: *This is a bird's-eye view of your 12 months plan. It doesn't have to be precise. You will add more precision during your monthly and weekly planning. Use the annual plan to create a general framework for the year.*



ANNUAL PLAN

YEAR:

12-Month Priority Goals

Goal Description	Life Area	To Complete By
1.
2.
3.
4.
5.

Learning & Development Plan

Skills to Acquire or Improve	Life Area	To Complete By
1.
2.
3.

This Year's Mantra:

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Habits Plan

Habits to Add / Strengthen	Habits To Remove / Reduce
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

NOTES

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ANNUAL PLAN

YEAR:

	1	2	3
Q1	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Q2	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Q3	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Q4	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>



GOAL TRACKING WORKSHEET

Goal Description

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Progress: 0% 100% Expected Completion _____

Actual Completion _____

Life Area _____

Life Role _____

Purpose / WHY

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Action Plan

Action Item / Milestone	Target Date	Done Date	Priority
1.	☆ ☆ ☆ ☆ ☆
2.	☆ ☆ ☆ ☆ ☆
3.	☆ ☆ ☆ ☆ ☆
4.	☆ ☆ ☆ ☆ ☆
5.	☆ ☆ ☆ ☆ ☆
6.	☆ ☆ ☆ ☆ ☆
7.	☆ ☆ ☆ ☆ ☆
8.	☆ ☆ ☆ ☆ ☆
9.	☆ ☆ ☆ ☆ ☆
10.	☆ ☆ ☆ ☆ ☆

NOTES

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On Going Projects

Name	Priority	Target Date	Cost (\$)	Cost (Time)



Recurring Tasks

Name	Frequency	Week Day	Time	Notes