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# Self-Growth Journey



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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. 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

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