



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. Take each vision idea from the previous step and write a sentence or a paragraph that answers the question, “Why do I want it?”
2. Make sure that all vision statements have a purpose associated with it.

***Note:** We often have more than one reason for doing or wanting things. Make sure you first brainstorm and choose the purpose (why) which resonates the most with you.*



My Narrative – Vision & Purpose

How do you feel about your vision and purpose?

A large area of dotted lines for writing.