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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. Plan your day starting with your wake-up time through your bedtime.
2. Use the top part of the Daily Review page to plan the priorities for the day.
3. Do not over pack your day; remember that tasks tend to go over time.
4. Prioritize your critical tasks and those that are difficult.
5. Make sure you allow time to rest and reset.



## Date \_\_\_\_\_

**5 AM**

6

7

8

9

10

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**11**

12 PM

**1**

2

3

4

5

**6 PM**

7

8

9

10

11

12

## Tasks

[illegible]

## Notes

[illegible]

## DAILY PLAN / REVIEW

Date .....

### Things I am Grateful For Today

1. ....
2. ....
3. ....

### Top 3 Priorities Today

1. ....
2. ....
3. ....

### WHY are these a priority today?

1. ....
2. ....
3. ....

### Today's Personal Statement

.....  
 .....  
 .....  
 .....  
 .....

## Daily Review & Reflection

### Top Wins for Today

1. ....
2. ....
3. ....

### Top Learnings

1. ....
2. ....
3. ....

### What went well today?

.....  
 .....  
 .....  
 .....  
 .....

### Other Reflections

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 .....  
 .....  
 .....