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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. Follow the prompts on the second half of the worksheet to complete your daily review.
2. Your daily review should not take a very long time. However, do stop and reflect on critical events and interactions that you've had.



## DAILY PLAN / REVIEW

Date .....

### Things I am Grateful For Today

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

### Top 3 Priorities Today

### WHY are these a priority today?

- |         |       |
|---------|-------|
| 1. .... | ..... |
| 2. .... | ..... |
| 3. .... | ..... |

### Today's Personal Statement

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## Daily Review & Reflection

### Top Wins for Today

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

### Top Learnings

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

### What went well today?

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### Other Reflections

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