
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. Begin your monthly review by filling in the top side of the sheet and documenting your biggest wins, failures, learnings, and things you are grateful for.
2. Next, give yourself a grade on how you took care of yourself physically, mentally, emotionally, and spiritually/socially.
3. Calculate the month's grade (max 40) and fill it in the table to the right. Copy the grades from the previous monthly reviews to obtain a bird's-eye view trend.

