
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. First set up your monthly sheet by writing the month and the days of each month. Note that the rows represent weeks. This worksheet has two pages to be used side-by-side.
2. Decide which parts of your short-term goals are going to be worked on this month and document them on the worksheet.
3. Use the side panels to list your major events and to-do items.
4. Clearly mark your deadlines on the calendar worksheet.

Note: *This is a bird's-eye view of your 12 months plan. It doesn't have to be precise. You will add more precision during your monthly and weekly planning. Use the annual plan to create a general framework for the year.*



MONTHLY PLAN

MONTH:

Top Monthly Goals

1.
2.
3.

Top Priority Tasks

1.
2.
3.

NOTES

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