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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. Begin your learning plan by looking at the skills and strengths you want to improve upon and the weaknesses you want to practice to work around.
2. Consider the four life pillars: physical, emotional, mental, and social/spiritual.
3. For each of them identify topics you must:
  1. Research
  2. Learn
  3. Master
4. Remember to think short-term, so only plan your learning for the next 12 months by focusing on the items with the most impact on your life.

**Note:** *Don't overpack your learning plan. The more focused it is, the better.*



# Learning Plan – High Level

Area	Research	Learn	Master
<b>Physical</b> (health & wellness)	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>
<b>Emotional</b> (strengths & weaknesses)	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>
<b>Mental</b> (skills & knowledge)	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>
<b>Social/Spiritual</b> (contribution)	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>	<ul style="list-style-type: none"><li>.....</li><li>.....</li><li>.....</li><li>.....</li></ul>



# Learning Plan – Skills Upgrade

**#1 Skill to improve or add:** \_\_\_\_\_

**Why is it important?** . . . . .

. . . . .

**How will you acquire it?** . . . . .

. . . . .

**#2 Skill to improve or add:** \_\_\_\_\_

**Why is it important?** . . . . .

. . . . .

**How will you acquire it?** . . . . .

. . . . .

**#3 Skill to improve or add:** \_\_\_\_\_

**Why is it important?** . . . . .

. . . . .

**How will you acquire it?** . . . . .

. . . . .



# Learning Plan – Research Detail

Research Project #1: \_\_\_\_\_

WHY? .....  
.....

HOW? .....  
.....

WHEN & HOW LONG? .....

Research Project #2: \_\_\_\_\_

WHY? .....  
.....

HOW? .....  
.....

WHEN & HOW LONG? .....

Learning Project #3: \_\_\_\_\_

WHY? .....  
.....

HOW? .....  
.....

WHEN & HOW LONG? .....



# Learning Plan – Learning Detail

**Learning Project #1:** \_\_\_\_\_

**WHY?** .....  
.....

**HOW?** .....  
.....

**WHEN & HOW LONG?** .....

**Learning Project #2:** \_\_\_\_\_

**WHY?** .....  
.....

**HOW?** .....  
.....

**WHEN & HOW LONG?** .....

**Learning Project #3:** \_\_\_\_\_

**WHY?** .....  
.....

**HOW?** .....  
.....

**WHEN & HOW LONG?** .....



# Learning Plan – Mastery Detail

**Mastery Project #1:** \_\_\_\_\_

**WHY?** . . . . .  
 . . . . .

**HOW?** . . . . .  
 . . . . .

**WHEN & HOW LONG?** . . . . .

**Mastery Project #2:** \_\_\_\_\_

**WHY?** . . . . .  
 . . . . .

**HOW?** . . . . .  
 . . . . .

**WHEN & HOW LONG?** . . . . .

**Mastery Project #3:** \_\_\_\_\_

**WHY?** . . . . .  
 . . . . .

**HOW?** . . . . .  
 . . . . .

**WHEN & HOW LONG?** . . . . .