



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. Use the same list of strengths you used in the strengths exercise.
2. Instead of strengths, circle the items that least strengthen you, meaning they represent weaknesses.
3. If you used one of the strengths-finding tests, look for the items where you scored the least.
4. Think about other times in your life when you felt afraid, anxious, frustrated, and drained of energy. Document what were you doing, where, and with whom.
5. Keep asking *why* so you can dig deeper. You need to get to the root impediment versus just the surface manifestation.

Note: *Weaknesses are those things that weaken you and drain your energy.*



Weaknesses Brainstorm

Type as many weaknesses as you can think of, and then circle the top 10.



Top 10 Weaknesses

	Weakness	How do you define it relative to your life?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Top 5 Weaknesses Details

Top Weakness #1:

Why is this a weakness for you?

How does this weakness manifest in your life?

Top Weakness #2:

Why is this a weakness for you?

How does this weakness manifest in your life?



Top 5 Weaknesses Details

Top Weakness #3:

Why is this a weakness for you?

How does this weakness manifest in your life?

Top Weakness #4:

Why is this a weakness for you?

How does this weakness manifest in your life?



Top 5 Weaknesses Details

Top Weakness #5:

Why is this a weakness for you?

How does this weakness manifest in your life?

What do these weaknesses say about you?

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