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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 by listing all areas of your life in the brainstorming section:
  - Family & extended family
  - Work or business
  - Friends and community
  - Hobbies
2. For each, write your role in that context, such as:
  - Father, mother, husband, son, brother;
  - Accountant, painter, CEO, writer;
  - Runner, volunteer.
3. Pick the top role by importance and write it in the next worksheet.
4. Describe why this role is important to you and how it makes you feel.
5. Keep going until you go through all your roles in the order of their importance (max 10).

***Note:** It might seem difficult to assign an importance to your roles. Don't agonize over it; just go with your gut. Also, don't feel the need to fill-up the entire sheet. Write only what applies to you.*



# Identity Brainstorming

Life Area	Potential Roles	Priority (1-10)



**Role**

**Why Is It Important?  
How does it make me feel?**

1

2

3

4

5



## Optional

	Role	Why Is It Important?
6		
7		
8		
9		
10		



# My Narrative

*Knowing your top roles, how would you describe yourself?*

A large area of dotted lines for writing.