
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. Plan your day starting with your wake-up time through your bedtime.
2. Use the top part of the Daily Review page to plan the priorities for the day.
3. Do not over pack your day; remember that tasks tend to go over time.
4. Prioritize your critical tasks and those that are difficult.
5. Make sure you allow time to rest and reset.



DAILY PLAN / REVIEW

Date

Things I am Grateful For Today

1.
2.
3.

Top 3 Priorities Today

WHY are these a priority today?

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. 2. 3. | <p>.....</p> <p>.....</p> <p>.....</p> |
|---|--|

Today's Personal Statement

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Daily Review & Reflection

Top Wins for Today

1.
2.
3.

Top Learnings

1.
2.
3.

What went well today?

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Other Reflections

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