ADULTS | PRINTABLE WORKSHEET

Personal Growth Planner



WHAT THIS IS

Growth works best with clear, kind goals and small steps. Choose what matters to you, not what you think you should want.

HOW TO USE IT

1. Pick 1 to 2 areas.
2. Write a specific goal with a first step.
3. Check in every two weeks.

EXAMPLE

"Goal: walk 20 minutes three times a week. First step: lay out shoes tonight."

Area	My goal (specific)	First step	By when
Emotional			
Relationships			
Health			
Work / purpose			
Joy / learning			

What might get in the way

_____

_____

How I will handle it

_____

_____

90-day check-ins

Day 30	Day 60	Day 90

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