

Personal Growth





This Book Belongs To

Level 10 Life Inventory

Family/Friends	
Self-Development	
Spirituality	
Finances	
Career	
Relationships	
Recreation	
Giving	
Environment	
Health	



My Dream

Daily Planner

Priorities
Affirmations
Gratitude

Weekly Planner

Monday	Tuesday
Wednesday	Thursday
,	,
Friday	Saturday
Friday Sunday	Saturday Notes

Vision Board

Career	Finance
Relationships	Love
Personal Growth	Health
Personal Growth Leisure	Home

Bucket List

Achievements	Experiences

Accountability

WRITE DOWN YOUR PROBLEMS
HOW AM I RESPONSIBLE FOR THIS PROBLEM? HAVE I MADE SOME BAD CHOICES? HAVE I
TRIED EVERYTHING THAT'S IN MY POWER TO IMPROVE THINGS? HAVE YOU COUNTED
THE THINGS YOU'VE ACTUALLY DONE)
IF YOU SOLVE THIS PROBLEM HOW WOULD YOUR LIFE (OR THE LIFE OF OTHERS)
IMPROVE. IS THIS PROBLEM WORTH SOLVING
WHAT CAN I DO TO START MAKING THINGS BETTER? WHAT STEPS CAN I START
TODAY TO IMPROVE THE SITUATION

GROWTH VS FIXED MINDSET

Growth Mindset

CHALLENGES

Challenges are a way for me to get better

DESIRES

I try new things SKILLS I can always improve Desires I'll try new things

OBSTACLE

I'll Change my approach until I succeed

SUCSSESS OF OTHERS

I'm inspired by their success. Maybe
I have something to learn from
their success

CRITICISM

I can learn from the feedback!

Fixed Mindset

CHALLENGES

I try to avoid challenges so I don't look stupid

DESIRES

I'll just stick to what I know

SKILLS

I'm either good at it or not If I'm not, it's okay

OBSTACLE

I'm just not good at it and that's the way it I

SUCSSESS OF OTHERS

It's unfair that they're succeeding and I am not

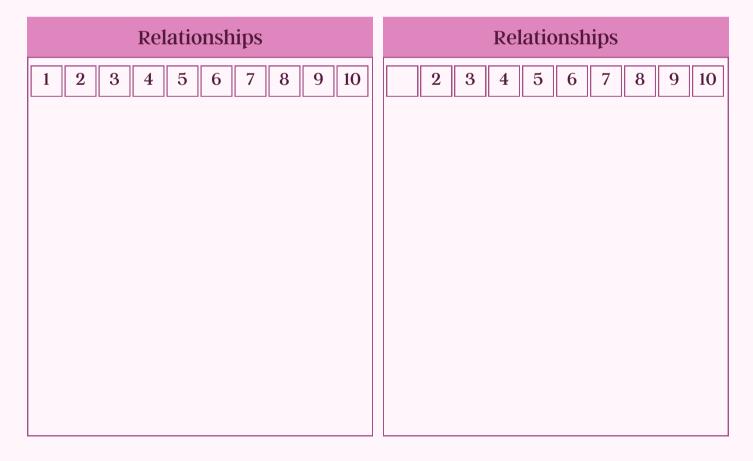
CRITICISM

I feel threatened by the criticism I got



My Relationships

Relationships	Relationships
1 2 3 4 5 6 7 8 9 10	2 3 4 5 6 7 8 9 10



Self-Assessment

What would I like to improve and how

Action Brainstorm

Stop Doing	
Do Less	
Keep Doing	
Start Doing	

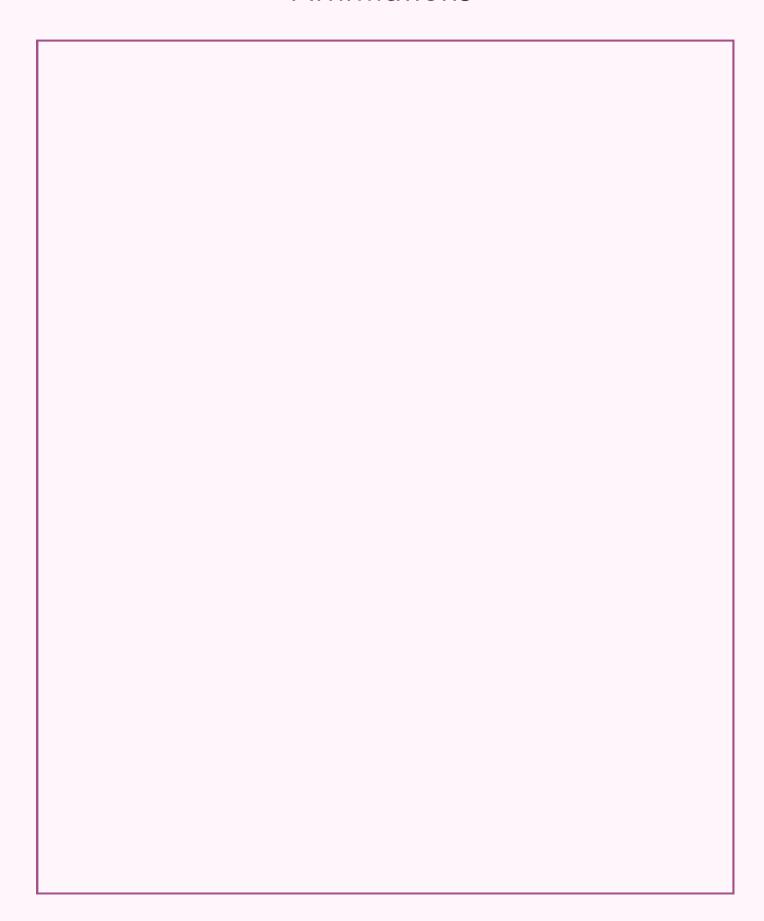
My Priorities

Task Name	Steps to Task
1	
2	
3	
4	
5	

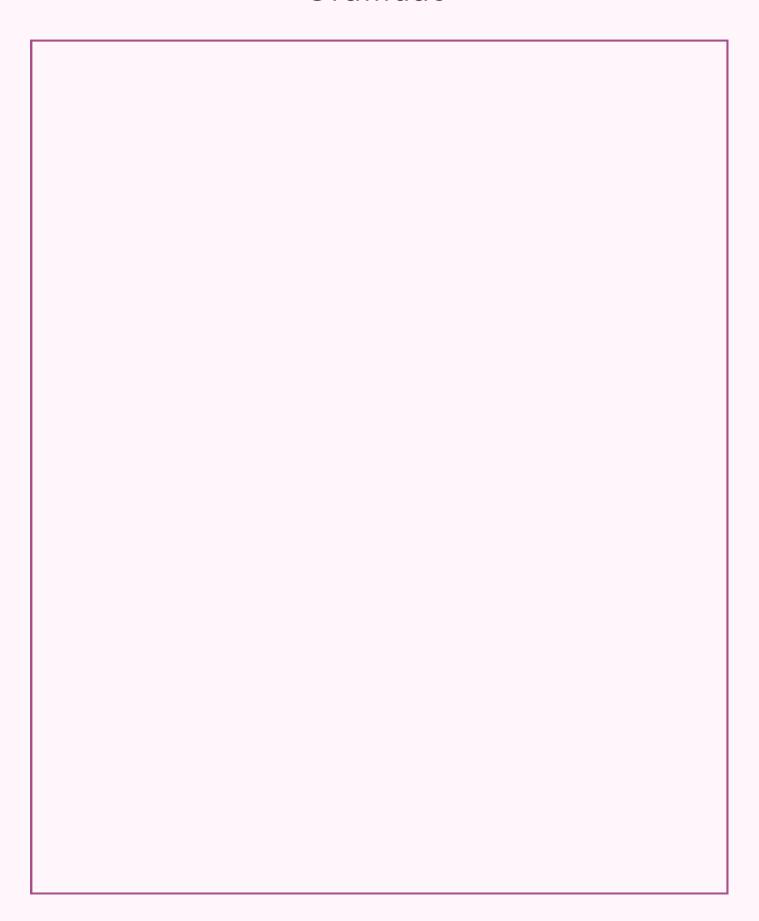
Wheel of Life

Career	Finance
Relationships	Love
Personal Growth	Health
Personal Growth Leisure	Home

Affirmations



Gratitude



My Daily Rituals

Time	Duration	Ritual

Yearly Goals

	Health & Fitness			
Notes & Thoughts				

Quarterly Goals

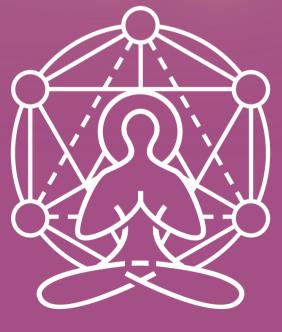
Health & Fitness

Goal	Why	Reward		
Notes & Thoughts				

Notes







MEDITATING