



MEDITATING  
HUMAN

# Personal Growth

## Planner





This Book Belongs To

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# Level 10 Life Inventory

Family/Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spirituality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Giving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





# Daily Planner

Daily Schudule	Priorities
	<b>Affirmations</b>
	<b>Gratitude</b>

# Weekly Planner

Monday


Tuesday


Wednesday


Thursday


Friday


Saturday


Sunday


Notes


# Vision Board

**Career**

**Finance**

**Relationships**

**Love**

**Personal Growth**

**Health**

**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	Fixed Mindset
<b>CHALLENGES</b>	<b>CHALLENGES</b>
Challenges are a way for me to get better	I try to avoid challenges so I don't look stupid
<b>DESIRES</b>	<b>DESIRES</b>
I try new things SKILLS I can always improve Desires I'll try new things	I'll just stick to what I know <b>SKILLS</b>
<b>OBSTACLE</b>	<b>SKILLS</b>
I'll Change my approach until I succeed	I'm either good at it or not If I'm not, it's okay <b>OBSTACLE</b>
<b>SUCSSESS OF OTHERS</b>	<b>OBSTACLE</b>
I'm inspired by their success. Maybe I have something to learn from their success	I'm just not good at it and that's the way it I <b>SUCSSESS OF OTHERS</b>
<b>CRITICISM</b>	<b>SUCSSESS OF OTHERS</b>
I can learn from the feedback!	It's unfair that they're succeeding and I am not <b>CRITICISM</b>
	I feel threatened by the criticism I got



# My Relationships

Relationships									
1	2	3	4	5	6	7	8	9	10

Relationships									
	2	3	4	5	6	7	8	9	10

Relationships									
1	2	3	4	5	6	7	8	9	10

Relationships									
	2	3	4	5	6	7	8	9	10

# Self-Assessment

What would I like to improve and how

# Action Brainstorm

Stop Doing

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Do Less

--

Keep Doing

--

Start Doing

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# My Priorities

Task Name	Steps to Task
1	
2	
3	
4	
5	

# Wheel of Life

**Career**

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**Finance**

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**Relationships**

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**Love**

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**Personal Growth**

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**Health**

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**Leisure**

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**Home**

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# Affirmations

A large, empty rectangular box with a thin black border, occupying most of the page below the title. It is intended for the user to write their affirmations.



# Gratitude

A large, empty rectangular box with a thin black border, occupying most of the page below the title. It is intended for the user to write their gratitude.



# Yearly Goals

## Health & Fitness

## Notes & Thoughts

# Quarterly Goals

## Health & Fitness

Goal	Why	Reward

## Notes & Thoughts





*Thank You*



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