

Your Personal Growth Checklist

- ✓ Identify your strengths & weaknesses
- ✓ Set realistic & achievable goals
- ✓ Cultivate a growth mindset
- ✓ Develop a daily self-care routine
- ✓ Build a support network
- ✓ Regular reflection & adjustments
- ✓ Celebrate your milestones

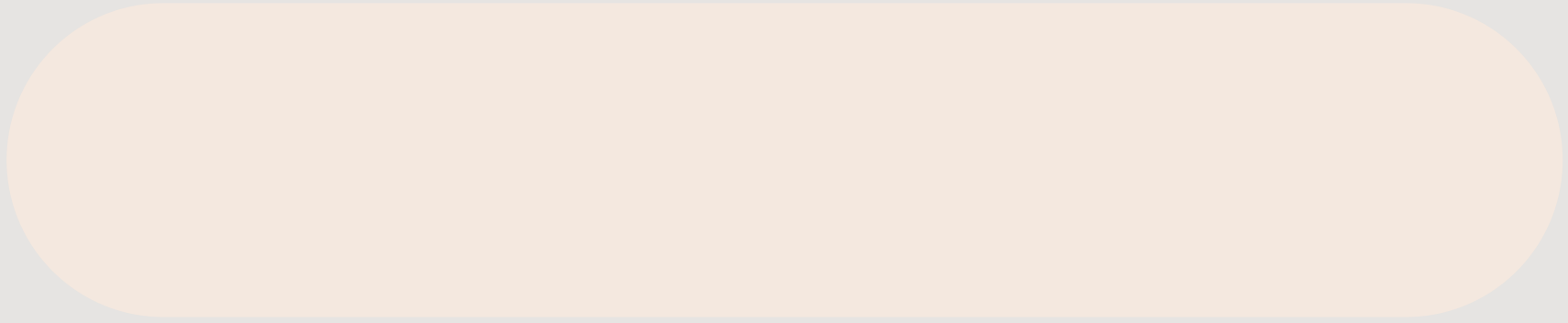
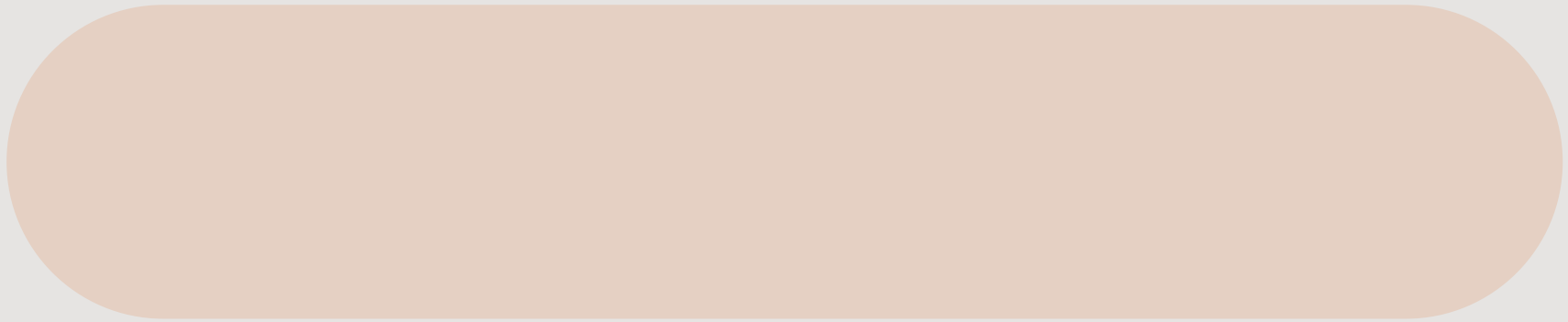
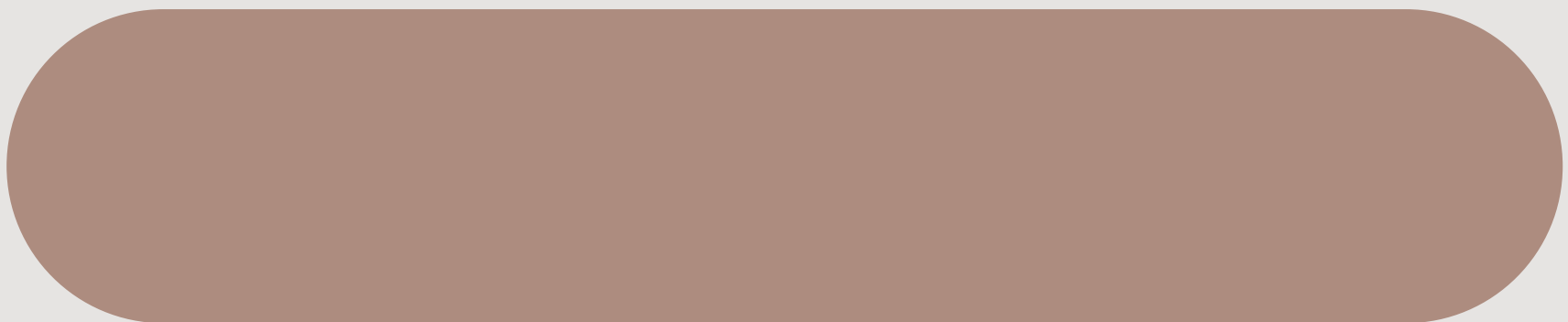
Step 1: Identify your Strengths & Weaknesses

Strengths

Weaknesses

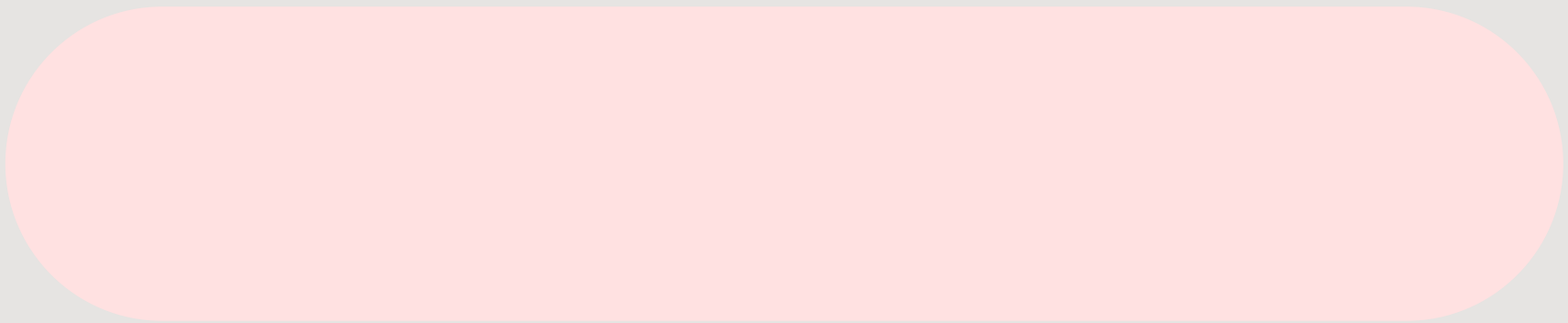
Step 2: Set Realistic & Achievable Goals

Goals

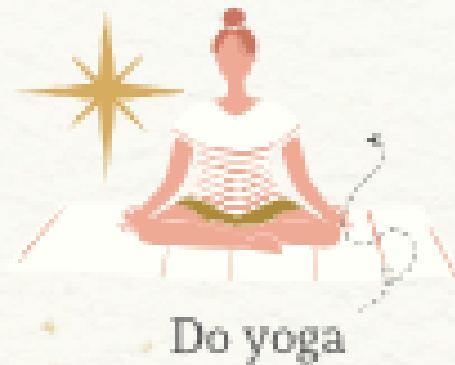
A light peach-colored rounded rectangle, the topmost of five stacked boxes, intended for writing a goal.A light peach-colored rounded rectangle, the second box from the top, intended for writing a goal.A medium peach-colored rounded rectangle, the third box from the top, intended for writing a goal.A dark peach-colored rounded rectangle, the fourth box from the top, intended for writing a goal.A darkest peach-colored rounded rectangle, the bottommost of five stacked boxes, intended for writing a goal.

Step 3: Cultivate a Growth Mindset

How can I cultivate a growth mindset?



Step 4: Develop a Daily Self-Care Routine



daily practices tips

SELF CARE



Step 5: Build a Support Networks

My support network

How can this person support me?

Step 6: Regular Reflection & Adjustments

What's working good?

Why is this working good?

Step 6: Regular Reflection & Adjustments (Cont.)

What's not working as it should?

What can I do to fix it?

Step 7: Celebrate Your Milestones

How am I going to celebrate my wins?

