



# GROWTH JOURNAL

## MY UNIQUE PERSONALITY TRAITS

I AM... 



MY STRENGTHS 

I'M WORKING ON...  

PEOPLE SAY I'M... 

## STUFF I LOVE & BELIEVE

PASSIONS & INTERESTS   

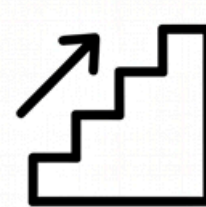
MY KEY VALUES  

## SETTING MY GOALS



MY TOP GOALS  
(NOW & FUTURE) 

GOAL	WHY IT'S IMPORTANT
1.	
2.	
3.	



HOW I'LL GET THERE  
(MY PLAN) 

STEP 1  \_\_\_\_\_  
 \_\_\_\_\_

STEP 2  \_\_\_\_\_  
 \_\_\_\_\_

STEP 3  \_\_\_\_\_  
 \_\_\_\_\_