

PERSONAL GROWTH PLAN

WEEKLY REVIEW

Stop what you are doing, find a place where you will not be interrupted, and take a few moments to breathe, center, and come into the present moment.

Highlights: Recall some positive experiences from the past week. Consider the following prompts to get started.

As I review the past week:

- I was delighted...
- I laugh when I remember...
- I was pleasantly surprised...
- I felt loved and appreciated when...
- I had a wonderful conversation...
- I felt strong and confident when...
- I enjoyed the beauty of...
- I am grateful...

Personal growth progress

What went well with your action plan this week?

What did you learn about yourself from those successes (however small)?

What did you learn from any setbacks?

What is your most powerful insight this week about the growth process?

Action Plan and Review

What 2-3 steps do you want to take this week toward your personal goals? Be realistic. Why are these actions important to you? What challenges will you run into? Who can you enlist in supporting you? How will you remember that you made a commitment to take these steps?

When will you stop and review progress the next time? Put the next review on your calendar now.