



PERSONAL GROWTH & WELLNESS WORKSHEET

Evaluating Today's Habits & Creating Your Best Future

Name: _____

Date: _____

Personal Growth Assessment

Consider what you do now and the habits that would help you create greater clarity, confidence, and well-being in each area.

Life Area	Current Habits	New / Ideal Habits Moving Forward
Physical Health		
Mental & Emotional Health		
Intellectual Growth		
Relationships		
Spirituality & Purpose		
Financial Growth		
Personal Happiness		

REFLECTION & COMMITMENT

Turn insight into one practical next step.

Which area is currently your greatest strength?

Which area would benefit most from improvement?

What is one new habit you will commit to over the next 30 days?

How will you measure your success?

My Weekly Commitments

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“Small, consistent habits create extraordinary results over time.”

CLARITY • CONFIDENCE • CARE