



Start of *Your Growth*

Your Journey, *Your Growth*

Summary

Growth Tip: Be as open, honest, and specific when answering these questions to improve your chances of achieving *your growth* goals.

Lifestyle & Wellness

- How often do you engage in hobbies or activities you enjoy?
- Are you journaling or tracking your progress in any way?
- What wellness routines or habits are part of your daily life?
- Do you pray or meditate on a consistent basis?
- What does your social life look like and your support system of people?
- Describe your environment: physically, socially, and emotionally.
- How much does social media play a part in your emotional wellbeing? (1–10, 10-social media dictates my mood and affirmation)
- How many hours of screen time do you consider social-non productive time spent? (Your smart phone calculates this for you)

Reflect on Your “typical day.”

Before you begin:

Take a moment to reflect on your current activity level, motivation patterns, and any obstacles that tend to get in your way. This will help you better understand the choices you’re making throughout your day.

Now, write out a “typical day.”

Include your routines, habits, meals, movement, work, and downtime. As you go, highlight what

