



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.

Mindset & Mental Health

- How would you rate your current stress level? (1–10, 10 being extremely stressed out)
 - How do you manage your stress?
 - What activities help you feel mentally refreshed or centered?
 - How do you currently manage stress or anxiety?
 - Are you able to compartmentalize your home life and work life?
 - Does any part of your life stress you out that encroaches on any other parts of your life? (i.e. Susan’s work life was extremely toxic; her sleep and even her hormones were being affected.)
 - What mental or emotional health goals are you working on? (e.g., mindfulness, therapy, journaling)
 - How best do you manage your daily activities? (with an app on your phone, a written list, the “wing-it” approach)
 - Do you have any pets?
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Reflect on Your “typical day.”

Before you begin:

Take a moment to reflect on your current activity level, motivation patterns, and any obstacles

