



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.

Physical Health

- How many days a week do you currently exercise?
 - What types of physical activity do you enjoy or want to try?
 - What level of physical activity do you participate in?
 - Are you currently dealing with any injuries or chronic pain?
 - How would you rate your energy level throughout the day? (1–10, 10-a ton of energy!)
 - What physical health goals are you working toward? (e.g., strength, endurance, flexibility, mobility)
 - Are you eating moderately and doing a lot of cardiovascular exercise to lose weight?
 - Are you having trouble gaining or maintaining muscle?
 - Are you using a scale to measure your physical health?
 - How likely are you to jump from one program to another before trying it for 6-8 weeks? (1–10, 10- every time)
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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 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 supports your health—physically, mentally, and emotionally—and what doesn’t. Be honest and specific.

Reflect on Your Current Habits

Ask yourself:

- What’s working well for me right now?
- What feels off, draining, or out of balance?
- When do I feel my best physically and mentally?

Goals, Ideas, and Inspirations

Growth Tip: Think about how you are INSPIRED, what motivates your inspiration, why do you NEED this change?

Use this space to brainstorm. Think about what you want to accomplish, explore ideas and inspirations, and reflect on what makes you feel good.
