



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.

Sleep & Recovery

- What time do you usually go to bed and wake up?
 - Do you go to bed and wake up every day around the same time?
 - How many hours of sleep do you get a night on average?
 - Do you have any stretching morning/day/night routine on a regular basis?
 - Do you feel well-rested when you wake up?
 - Do you use any tools or techniques to improve your sleep? (e.g., white noise, sleep tracking, supplements)
 - Are you taking time for recovery (e.g., stretching, rest days, massage)?
 - What sleep or recovery goals do you have?
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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

