



Summary of the start of *Your Growth*

Your Journey, *Your Growth*

Summary

1. Dimension of health questions
2. Reflection
3. Inspirations and brainstorming
4. SMART Goals
5. Adolescent and Young Adulthood
6. Assessment

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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Nutrition

- How many meals and snacks do you typically eat per day?
 - Are there any dietary habits you're trying to improve? (e.g., hydration, sugar intake)
 - Do you have any chronic diseases you must consider before making choices?
 - Have you been eating well, but still can't lose the weight?
 - Are you having trouble gaining or maintaining weight?
 - Have you ever counted calories or measured macronutrients before?
 - What nutrition goals are you focusing on? (e.g., weight loss, muscle gain, balanced eating)
 - What is the first and last meal of the day normally consisting of?
 - How much water and electrolytes do you consume daily?
 - Do you feel overwhelmed and lost with nutrition and don't know who to listen to?
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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)
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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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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 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.



Setting SMART Goals

Use SMART Goals as a Framework. Break your goals into this format:

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**ime-bound

These goals should reflect what you want to achieve, help you stay focused, and remind you of what matters most as you move forward with intention and purpose. Using the SMART goal framework, write three clear and focused goals that will guide your progress:

1. _____

2. _____

3. _____

Adolescents and Young Adulthood

Growth and Maturity:

In your adolescent and young adulthood days, reflect back on what you looked like and felt like. (i.e. I was always a “large child, athletic, but large” and never had a moment I slimmed down)

Food and Body Type:

Were you introduced to healthy choices as a child/young adult? If not, did the unhealthy food often put weight on? Or no matter the food choices, you “burned” everything off? (i.e. No matter the food choice, even with highly competitive sports, I continually maintained a thicker person.)



Assess Key Wellness Categories

Rate your wellness categories from 1–10. Rate each item below on a scale from 1 to 10 — with 10 being extremely important and 1 being not at all important. Multiple items may have the same rating, but try to be as thoughtful and specific as possible in your choices.

- Physical activity
- Physical ability (daily activities with no physical limitations)
- Nutrition / Hydration
- Sleep
- Stress management
- Mental health
- Social connection
- Routine/self-care
- Praying / Meditation
- Reading
- Learning a new skill
- Getting sunlight

