



Personal Growth Plan

Your guide to creating an actionable
and achievable plan for personal growth

by **THE BLISSFUL MIND**

Overview

The Personal Growth Plan is a tool to help you map out what you want to change so you can actually make it happen. Use this worksheet to map out the habits, behavior, attitude, and actions you'd like to make improvements towards.

STEP 1: AWARENESS

Identify the areas of your life that need some TLC

STEP 2: FOCUS

Choose 1-2 areas to focus on for your Personal Growth Plan (PGP)

STEP 3: EVALUATE

Evaluate where you're at right now so you can brainstorm ways to improve

STEP 4: BRAINSTORM

Identify ways to improve your score

STEP 5: CREATE YOUR PLAN

Set a timeframe for yourself and create an outline of your Personal Growth Plan

Step One: Awareness

The first step to creating your personal growth plan is to identify the areas of your life that need a little TLC. The best way to do this is to rank the following areas on a scale of 1-10 based on how satisfied you are with them. 1 means you're struggling and 10 means you're satisfied with that area.

Physical Health

- Do I get enough physical exercise each day?
- Do I eat a balanced diet?
- Do I have a healthy sleep schedule?

Spirituality/Personal Growth

- Do I have regular practices that help me connect with myself?
- Do I make time for learning to improve my skills?
- Do I have goals to improve myself?

Recreation

- Do I make time for hobbies and fun activities?
- Do I take enough time to simply relax?
- Do I allow myself to have fun without guilt?

Career

- Do I feel a sense of purpose with my work?
- Do I feel valued and affirmed at work?
- Am I appropriately compensated for my work?

Mental Health

- Am I kind to myself?
- Do I reach out for help when I need it?
- Do I know how to calm myself down when I'm stressed?

Relationships

- Do I have reliable friends and people I can count on?
- Do I spend quality time with other people?
- Do I feel that my relationships with others (romantic or non-romantic) are healthy?

Finances

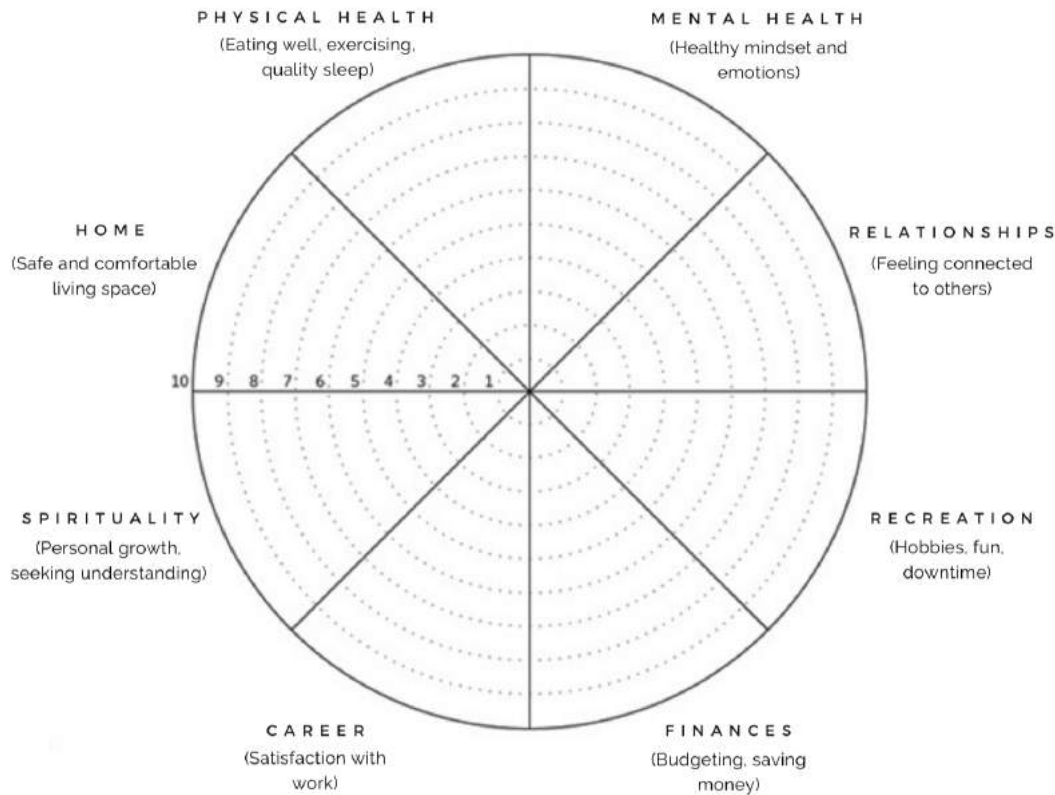
- Do I make smart choices with my money?
- Do I keep track of my finances?
- Do I have money goals for the future?

Home

- Do I feel comfortable and secure at home?
- Do I live in an area that I enjoy living in?
- Am I comfortable with who I share my home with?

Step One: Awareness

Color the number of spaces on the wheel that match your ranking starting from the inside out and/or enter your scores in the boxes.



WHAT SCORE DID I GIVE EACH AREA?

Physical Health	
Mental Health	
Home	
Relationships	
Spirituality	
Recreation	
Career	
Finances	

Step Two: Focus

Now that you've ranked each area from 1-10, choose 1-2 areas to focus on for your Personal Growth Plan (PGP). These don't necessarily have to be the areas that you gave the lowest score. Sometimes the things we score low are only temporarily that way. Instead, choose the areas that you feel excited or drawn to work on first. It's important to only choose a few to work on at a time otherwise it will feel too overwhelming and you'll lose motivation.

Focus Area #1:

Why I want to work on this area:

Focus Area #2:

Why I want to work on this area:

Step Three: Evaluate

Now that you've identified the areas you want to work on, evaluate where you're at right now so you can brainstorm ways to improve. Repeat this process if you're focusing on more than 1 area.

Focus Area #1:

What does this area of my life look like right now?

What is missing or not working for me in this area?

What would make me feel more fulfilled in this area?

Step Three: Evaluate

Now that you've identified the areas you want to work on, evaluate where you're at right now so you can brainstorm ways to improve. Repeat this process if you're focusing on more than 1 area.

Focus Area #2:

What does this area of my life look like right now?

What is missing or not working for me in this area?

What would make me feel more fulfilled in this area?

Step Four: Brainstorm

Based on your previous answers, think about what it would take to increase your score by one point (e.g. from a 5 to a 6) and what it would take to get you to a 10. The goal here is to take small steps to increase your score.

Focus Area #1:

Current Score:

Goal Score:

What would need to change in order to score 1 point higher?

What would need to change in order to score a 10 in this area?

What actions can I take in the next 3-6 months to improve my score?

What daily habits would support my growth in this area?

Step Four: Brainstorm

Based on your previous answers, think about what it would take to increase your score by one point (e.g. from a 5 to a 6) and what it would take to get you to a 10. The goal here is to take small steps to increase your score.

Focus Area #2:

Current Score:

Goal Score:

What would need to change in order to score 1 point higher?

What would need to change in order to score a 10 in this area?

What actions can I take in the next 3-6 months to improve my score?

What daily habits would support my growth in this area?

Step Five: Plan

Create an outline of your Personal Growth Plan. The main goal here is to increase your satisfaction with the focus area(s) by 1-2 points. Here's what to include:

Focus Area #1:

Current Score:

Goal Score:

Start Date:

Action Steps to Improve Score:

1

2

3

Daily Habits to Improve Score:

1

2

3

Step Five: Plan

Set a time frame for yourself to work towards. 6-8 weeks is a good amount of time to truly see progress. The main goal here is to increase your satisfaction with the focus area(s) by 1-2 points. Next, create an outline of your Personal Growth Plan. Here's what to include:

Focus Area #2:

Current Score:

Goal Score:

Start Date:

Action Steps to Improve Score:

1

2

3

Daily Habits to Improve Score:

1

2

3

Step Six: Accountability

At this point, you should feel like you have a detailed plan to follow. The trickiest part is, of course, sticking to it. Here are some tips to help you stay accountable:

1. Map out dates in your calendar to keep you on track with your plan.
2. Add reminders to your phone for the daily habits you want to stick to.
3. Print your Personal Growth Plan and put it somewhere you'll see it every day.
4. Find someone who will hold you accountable. If you have a hard time sticking to your own plans, tell a friend about your goals. You could even have them go through this exercise too so you're in it together.
5. Put a date in your calendar to reevaluate your progress. In 6 weeks, go through the Wellness Wheel exercise again and see how you rank the area(s) of your life that you've been working on.

A top-down view of a desk with a laptop, a pen, a notebook, a small potted plant, and a cup of coffee. The background is a soft, out-of-focus white and pinkish surface.

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