

## Personal Growth Worksheet

In the last few decades, the notion of personal growth has moved into the mainstream. The idea that you could take deliberate time and space to set (non-profession-related) goals, allow yourself to dream big, and address internal barriers has opened doors for thousands. The number of self-help books in bookstores has exploded since the 90's as people take their well-being into their own hands and try to get clear about creating a life they love by making changes to their thoughts, actions, and relationships.

Write down your top 3 favourite self-help books.

Make a list of the differences between changing and growing.

(Please record your ideas below.)

**Change**

**Growth**



Before we get to thriving, we have to ensure we are surviving.  
These are the 5 pillars that hold us up through chronic depression.

Reflect upon how you are doing in these 5 areas.  
Consider the last 2-3 weeks in your assessment.

Sleep	Movement	Food	Hygiene	Social Support	Notes
10	10	10	10	10	
9	9	9	9	9	
8	8	8	8	8	
7	7	7	7	7	
6	6	6	6	6	
5	5	5	5	5	
4	4	4	4	4	
3	3	3	3	3	
2	2	2	2	2	
1	1	1	1	1	
0	0	0	0	0	

What are some changes you can make to get your low numbers (less than 6) higher?

Sleep:

Movement:

Food:

Hygiene:

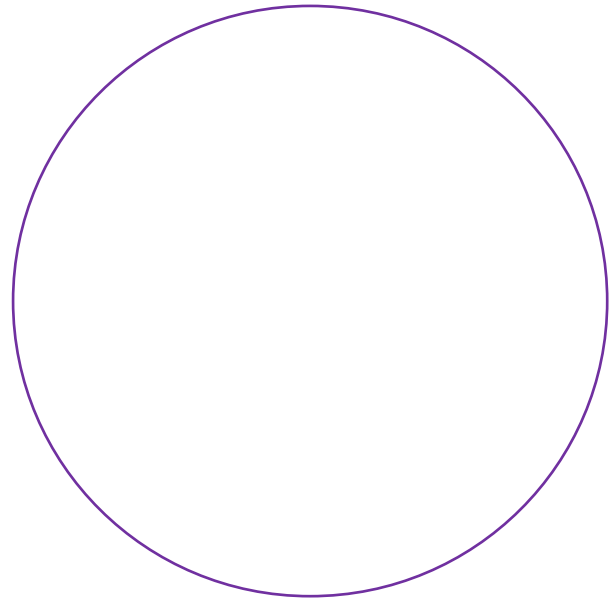
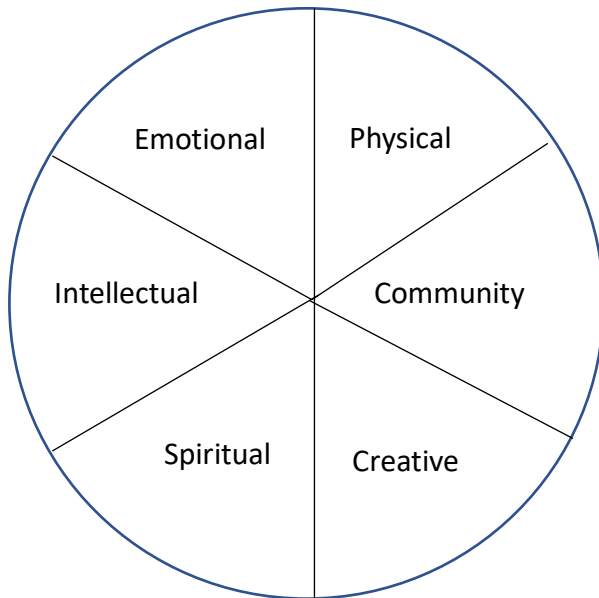
Social Support:

## The Balance Wheel

In Transpersonal Psychology, we recognize 6 critical areas we need to attend to in order to feel contentment.

Below is the Balance Wheel.

Reflect upon what these six areas in the left circle mean to you and how you engage with them. Then, fill in the circle on the right to show how much of your time and energy you spend in each area.

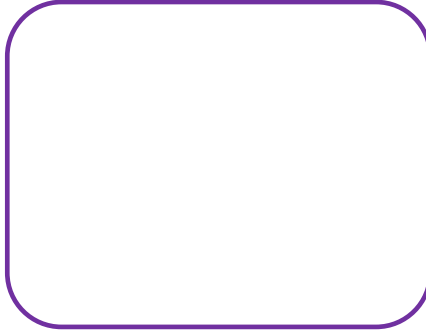


What is the smallest piece in your wheel? \_\_\_\_\_  
(pick the easier one if there is a tie)

What are 3 tangible actions you will take to help you grow this area of your life? Draw or write below.



An empty rounded square box with a purple outline, intended for writing or drawing a tangible action to take.



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