



Personal Growth

P L A N N E R

Betta Insight

REVIEW FROM LAST MONTH BECAUSE WE DONT
HAVE TO WAIT UNTIL THE NEW YEAR TO CHANGE

OBSTACLES I ENCOUNTERED

LESSONS I LEARNED

NEW SKILLS I LEARNED

THINGS I'M GRATEFUL FOR

FAVORITE MOMENTS

OTHER IMPORTANT THINGS I WANT TO REMEMBER

HOW I CAN MAKE THIS YEAR BETTER

THIS MONTH, I WILL...

MORE OF

[illegible]

LESS OF

[illegible]

MY SITUATION RIGHT NOW

MY STRENGTHS

MY WEAKNESSES

GOOD HABITS TO KEEP OR START

BAD HABITS TO ELIMINATE

CLOSER TO MY IDEAL SELF

KNOWLEDGE & EXPERIENCE TO ACHIEVE	RESOURCES
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	☐ ☐ ☐ ☐

MY ACTIVITIES CHECKLIST

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GOALS OVERVIEW

GOAL	STEPS AND STRATEGIES
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	☐ ☐ ☐ ☐
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	☐ ☐ ☐ ☐

MINDSET

PEOPLE WHO'LL HELP ME

GROW

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

ACTIVITIES TO HELP ME GROW

[illegible]

GOAL ACTION PLAN

START DATE :

END DATE :

MY GOAL

AFFIRMATION STATEMENT OR QUOTE

FOCUS AREA

ACTION STEPS /

SCHEDULE

HABITS

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GOAL ACTION PLAN

OBSTACLES/CHALLENGES



HOW TO GET BACK
ON TRACK

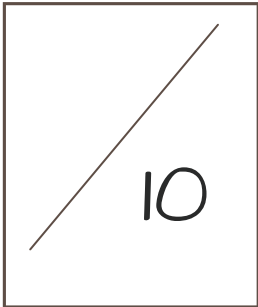
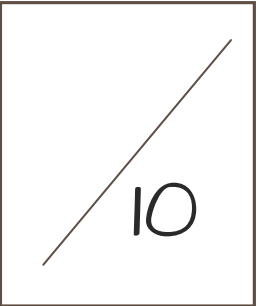
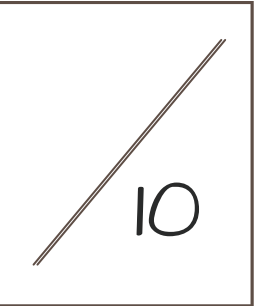
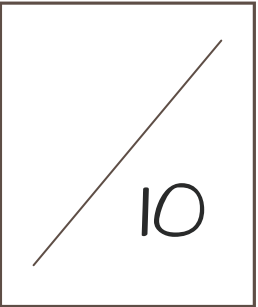
MINDSET HOLDING ME BACK



MINDSET SHIFT TO ADOPT

NOTES

GOAL REFLECTION

HOW HAVE I DONE	HOW TO DO BETTER	RATING
		
		
		
		

GOAL REVIEW

GOAL :

START DATE :

END DATE :

HAVE I ACCOMPLISHED MY GOAL? HOW DO I FEEL ?

GOAL ACHIEVED

1

2

3

4

5

6

7

8

9

10

MILESTONE

WHAT I HAVE LEARNT

NEXT STEPS

GOAL REVIEW

START DATE :

END DATE :

MY GOAL

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AFFIRMATION STATEMENT OR QUOTE

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ACTION PLANS FOR MY GOAL

SCHEDULE

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HABITS & ROUTINES

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RESOURCES I NEED

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DAILY PLANNER

MORNING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

AFTERNOON PLAN

1 : 00

2 : 00

3 : 00

4 : 00

5 : 00

EVENING PLAN

6 : 00

7 : 00

8 : 00

9 : 00

10 : 00

11 : 00

12 : 00

PRIORITIES

☐☐☐

TO DO LIST

☐☐☐☐

INTENTION

GRATITUDE



WEEKLY PLANNER

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
IDEAS & INSPIRATION	

WEEKLY GOALS

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TO DO LIST

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NOTES

THINGS I'M THANKFUL FOR TODAY

RELAXATION TRACKER

TECHNIQUES TO RELAX MY MIND

TECHNIQUES TO RELAX MY BODY

TECHNIQUES TO RELAX
MY BREATHING

TECHNIQUES TO
RELAX MY NERVES

THINKING PATTERNS

THOUGHTS ABOUT MYSELF

THOUGHTS ABOUT OTHERS

THOUGHTS ABOUT THE WORLD

THOUGHTS ABOUT THE FUTURE

POSITIVE THINKING

[illegible]

GOING WITH THE FLOW

SITUATION

FOCUS ON YOUR POSITIVES (What are the good things in my life right now?)

LIVE IN YOUR MOMENT (What ways can I be present and relaxed?)

OPEN YOUR MIND TO BACK UP PLANS (What else can I do to take care of myself?)

WELCOME COMMUNICATION CHANGE (How can I better communicate my needs?)



MY SOUL STUFF

THINGS I CAN DO WHEN I AM SAD

THIS YEAR I AM LOOKING FORWARD TO

SPECIAL PAMPERING CHECKLIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THINGS I CAN DO WHEN I AM BORED

MY FAVOURITE MOVIES

MY FAVORITE TV SHOWS

MY FAVORITE BOOKS

MY FAVORITE SONGS

TO-DO LIST

[illegible][illegible][illegible][illegible]

MY RESOURCES

BOOKS

☐☐☐☐☐☐☐☐

PODCASTS

☐☐☐☐☐☐☐☐

VIDEOS

☐☐☐☐☐☐☐☐

FILM / DOCUMENTARIES

☐☐☐☐☐☐☐☐

MY MEDITATION

MY MEDITATION GOALS

1.

2.

3.

DATE/TIME

MEDITATION

EXERCISE

TOTAL

GOAL TRACKER

GOAL :

START DATE :

END DATE

REWARD :

ACTION STEPS

NOTES

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PROGRESS TRACKER

1
0%

20%

30%

40%

50%

60%

70%

80%

90%

100%



IDEAS BRAINSTORM

A large, empty rectangular box with rounded corners, intended for brainstorming ideas. The box is outlined in black and occupies the majority of the page below the title.

BUCKET LIST

[illegible]

NOTES

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