



A quick look at your whole life, the values that matter most, and one to three growth goals with a first step and a plan for each, then a monthly check-in.

01 A quick life check

Score how satisfied you feel in each area right now, from 1 to 10. Go with your first instinct. This isn't about where you should be, just where you are.

Emotional wellbeing: how I handle stress, moods and hard days.

1 2 3 4 5 6 7 8 9 10

Not satisfied Very satisfied

Relationships: family, friends, partner, feeling close to people.

1 2 3 4 5 6 7 8 9 10

Not satisfied Very satisfied

Health and body: sleep, movement, energy, looking after myself.

1 2 3 4 5 6 7 8 9 10

Not satisfied Very satisfied

Mind and learning: curiosity, new skills, reading, learning new things.

1 2 3 4 5 6 7 8 9 10

Not satisfied Very satisfied

Work and money: how my work and finances feel day to day.

1 2 3 4 5 6 7 8 9 10

Not satisfied Very satisfied

Values and meaning: living in a way that feels true to me.

1 2 3 4 5 6 7 8 9 10

Not satisfied Very satisfied

The one or two areas that most want my attention, and why:

02 What matters most to me

Pick three values that feel most like you. If you're stuck, some common ones are kindness, honesty, family, friendship, learning, health, courage, creativity, freedom, security, fairness and fun.

My three values right now:

1.

2.

3.

Where in my life do I feel furthest from one of these at the moment?

03 My growth goals

Choose one to three. Write each as something you do, not something you are: 'pause before I reply when I'm annoyed', not 'be calmer'. Link it to an area and a value above.

Growth goal	Area and value	Why it matters to me
Something I can do	Where it fits	In my own words

04 First steps and when I'll take them

For each goal, pick a first step so small it would be odd not to do it. Then tie it to a moment you'll really meet: 'When [this happens], I will [the step].'

Goal	My first small step	If-then plan
A word or two		When ..., I will ...

05 What might get in the way

Be honest about the thing most likely to stop you: tiredness, a busy week, self-doubt, other people's plans. Then decide now what you'll do when it shows up.

Goal

A word or two

What might get in the way

My plan for it

If ..., then I'll ...

Who or what could help me keep going (a person, a reminder, a place):

06 Monthly check-in

Once a month, come back here for ten minutes. Monthly isn't magic, it's just a pace most people can keep. Look at each goal kindly: missing days is normal, and a smaller step is often the fix.

Goal	What went well	What got in the way	What I'll change
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How kindly have I treated myself about my progress this month?

1	2	3	4	5	6	7	8	9	10
Very harshly					Very kindly				

My next check-in date:

07 Is this plan still mine?

Run through these at each check-in. If a goal fails most of them, it's fine to change it or let it go.

- ☐ Each goal connects to something I genuinely care about.
- ☐ I'd still want these goals if nobody else knew about them.
- ☐ The first steps are small enough that I actually take them.
- ☐ My plan leaves room for rest, sleep and the people I love.
- ☐ I'm working on three goals or fewer.
- ☐ I'm being as kind to myself about this as I'd be to a friend.

When you're done, a moment to reflect

- If this time next year one thing about how you live had changed, what would you most want it to be?
- Which of your goals came from you, and which came from what you think you're supposed to want?
- What has helped you keep going with a change before, and could you use it again?
- What would a gentle version of this plan look like on a hard week?

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.