

Personal Growth Canvas

Name:

Date:

Version:

<p>Target</p> <p>The first section is all about finding, shaping and expressing your dreams in life. Don't be afraid to think big!</p> <p>>>></p>	<p>Purpose of Life</p> <p>What is the mission statement for your life? How can you make a difference, and for whom? Find your personal <i>why</i>. <i>Example: Inspire students by being a great teacher.</i></p> <p>1</p> <p>🚩</p>	<p>Life Goals</p> <p>What are your 3 to 5 main goals in life? Write down what you want to focus on.</p> <p>🏆</p>	<p>Actions</p> <p>How can you reach your goals? State specific actions you are going to take according to the boxes below.</p> <p>3</p> <p>🚀</p>	<p>Timeline</p> <p>When are you going to do what? Prioritise your actions and find a feasible schedule for your execution.</p> <p>📅</p>
<p>Resources needed</p> <p>What resources do you have to gain and maintain to fulfill your dreams?</p> <p>>>></p>	<p>Skills</p> <p>What mental and physical skills do you need to reach your goals? What can you do to obtain them?</p> <p>🎓</p>	<p>Partners</p> <p>Which partners do you need to reach your goals? Here go your buddies, coaches and mentors that support you on your way.</p> <p>👥</p>	<p>Financials</p> <p>What financial resources do you need to reach your goals? How are you going to gain them?</p> <p>💳</p>	<p>Mindset</p> <p>What mindset do you need? Think of terms like gratitude, honesty, learning, responsibility, minimalism etc.</p> <p>💡</p>
<p>Obstacles to overcome</p> <p>Get aware of any obstacles that hinder you from living your dream and reaching your goals so you can tackle them effectively.</p> <p>>>></p>	<p>Fears</p> <p>What are your biggest fears that hinder you in reaching your life goals? Write down how you want to overcome them.</p> <p>⚡</p>	<p>Negative People</p> <p>Who are the people that tear you down emotionally? Find ways to reduce contact or try other coping strategies.</p> <p>2</p> <p>👤⚡</p>	<p>Bad Habits</p> <p>What habits make it hard to reach your goals? Write down how you are going to break or replace them.</p> <p>🗨️</p>	<p>Negative Attitudes</p> <p>What mental attitudes hinder you from reaching your goals? Think of attitudes that are not conform with your values.</p> <p>⊖</p>
<p>Basic Needs</p> <p>Don't forget to think about the basics that ensure your physical and mental well-being.</p> <p>>>></p>	<p>Health</p> <p>How do you sleep, eat, work out? What should you improve? What are physical or mental conditions you have to take care of?</p> <p>🌊</p>	<p>Social</p> <p>Which people are important in your life? How much time do you want to spend with your family, friends and partner?</p> <p>❤️</p>	<p>Material</p> <p>What material things do you need in life? How are you living and how do you want to live?</p> <p>🏠</p>	<p>Pleasure</p> <p>What are the things in life that bring you pleasure? Think of hobbies, activities or the smalls things that spark joy.</p> <p>🎵</p>

The Personal Growth Canvas helps you to become the best version of yourself. If you need any further support, please visit: www.personalgrowthcanvas.com.

The mind is everything – what you think, you become.