



2nd Chapter

PERSONAL GROWTH Planner

REVIEW FROM LAST YEAR

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 YEAR, I WILL DO

MORE OF

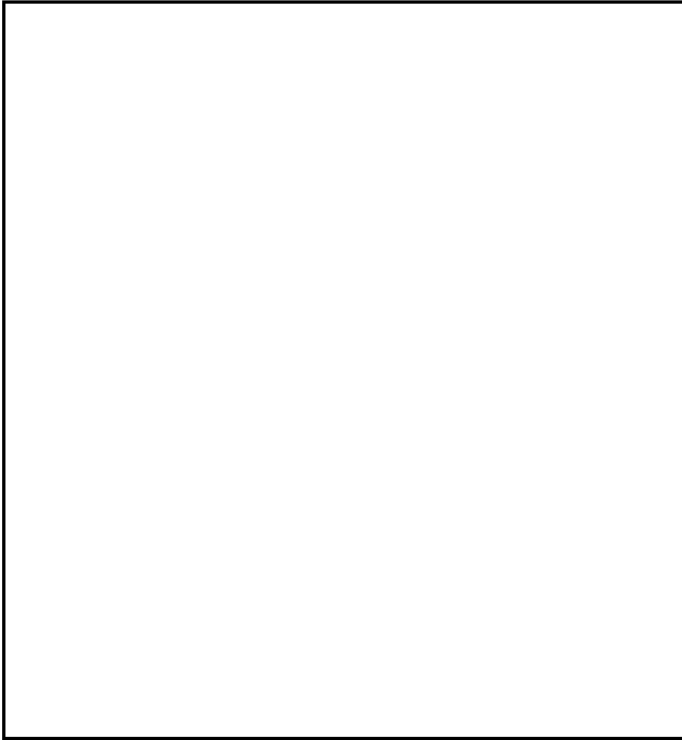
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LESS OF

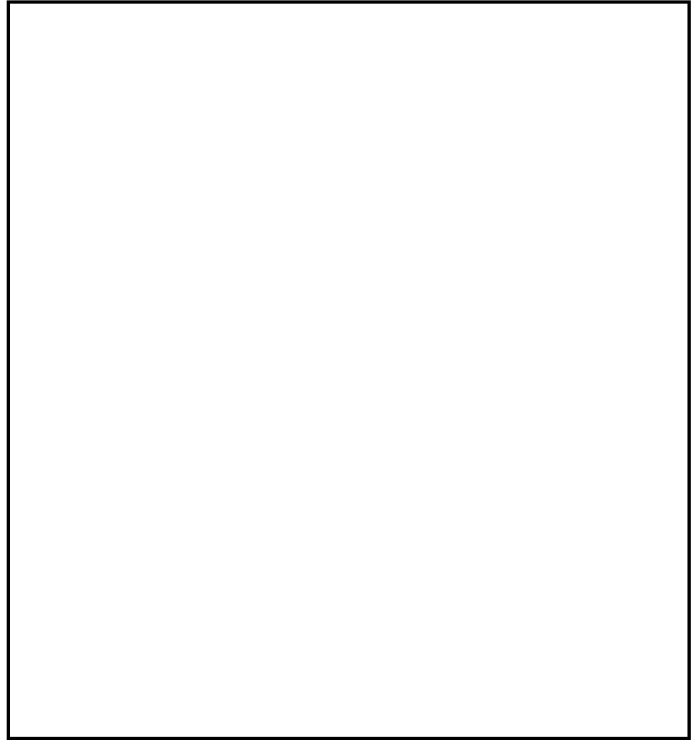
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MY SITUATION RIGHT NOW

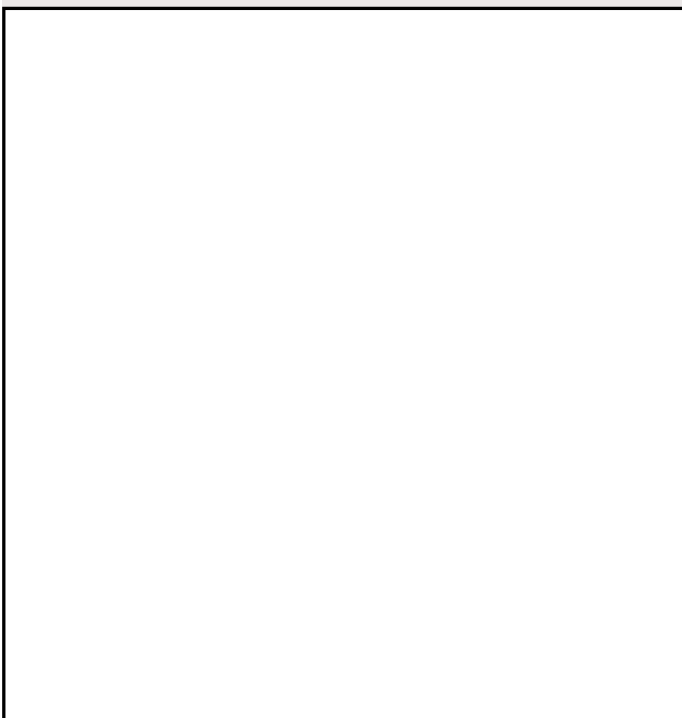
MY STRENGTHS



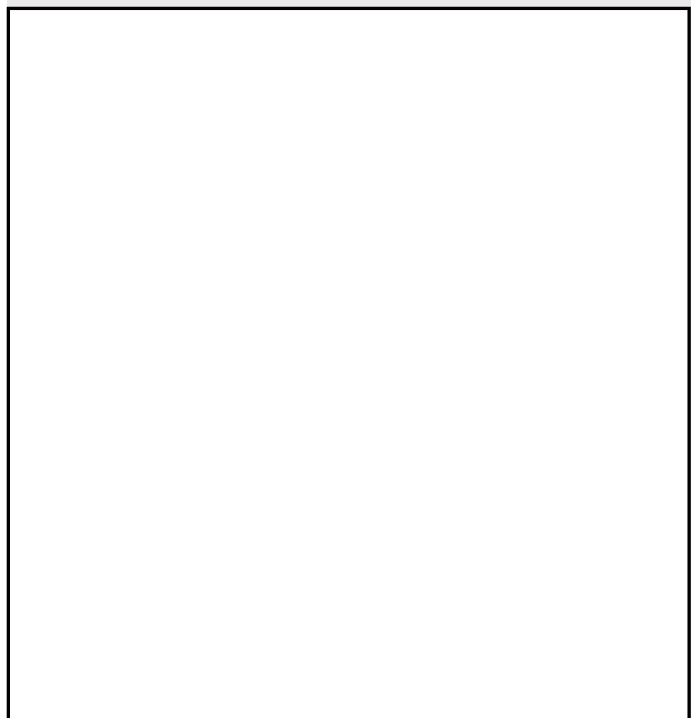
MY WEAKNESSES



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

[illegible]

GOALS OVERVIEW

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

MINDSET

PEOPLE WHO'LL HELP ME GROW

[illegible]

ACTIVITIES TO HELP ME GROW

[illegible]

GOAL ACTION PLAN

START DATE :

END DATE :

MY GOAL

AFFIRMATION STATEMENT OR

QUOTE

FOCUS

AREA

ACTION STEPS /

HABITS

SCHEDULE

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

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
		10
		10
		10
		10

GOAL REVIEW

GOAL :

START DATE :

END DATE :

HAVE I ACCOMPLISHED MY GOAL? HOW DO I FEEL ?

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GOAL ACHIEVED

1	2	3	4	5	6	7	8	9	10
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MILESTONE

WHAT I HAVE LEARNT

NEXT STEPS

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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

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INTENTION

GRATITUDE

WEEKLY PLANNER

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
IDEAS & INSPIRATION	

WEEKLY GOALS

TO DO LIST

☐☐☐☐☐☐☐

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 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

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SPECIAL PAMPERING CHECKLIST

[illegible]

THINGS I CAN DO WHEN I AM BORED



MY FAVOURITE MOVIES

MY FAVORITE TV SHOWS

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MY FAVORITE BOOKS

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MY FAVORITE SONGS

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TO-DO LIST

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MY RESOURCES

BOOKS

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PODCASTS

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VIDEOS

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FILM / DOCUMENTARIES

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MY MEDITATION

MY MEDITATION GOALS	
1.	
2.	
3.	

[illegible]

GOAL TRACKER

GOAL :

START DATE :

END DATE

:

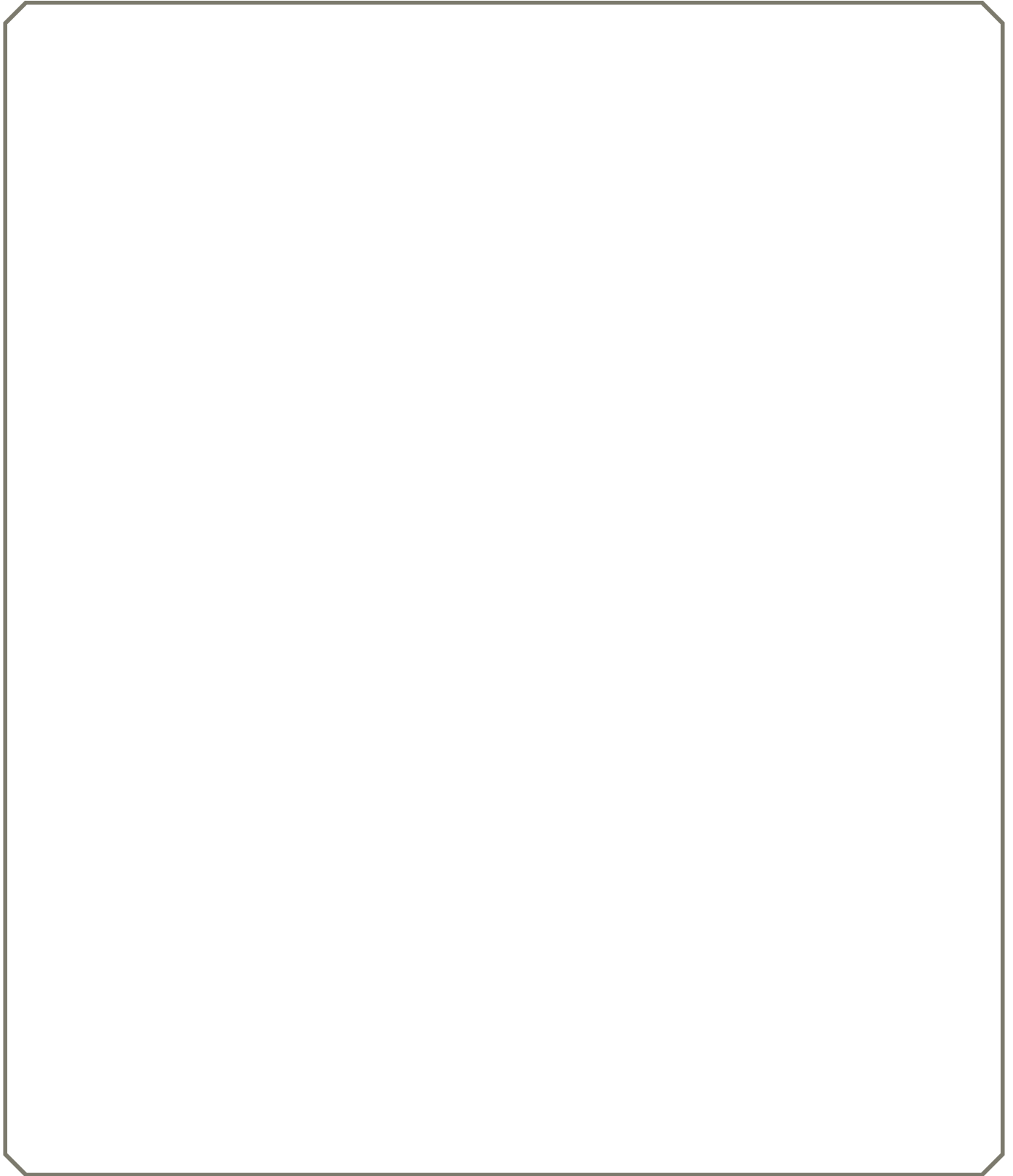
REWARD :

✓	ACTION STEPS	NOTES
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☐		
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PROGRESS TRACKER

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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IDEAS BRAINSTORM

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

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

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



2nd Chapter

www.2ndchapterwomen.com