

# 31-DAY GROWTH PLAN



A 31-DAY JOURNEY TO  
CULTIVATE BALANCE,  
STRENGTH, AND JOY

TE RAUMOA BAKER

# KIA ORA, I'M TE RAUMOA

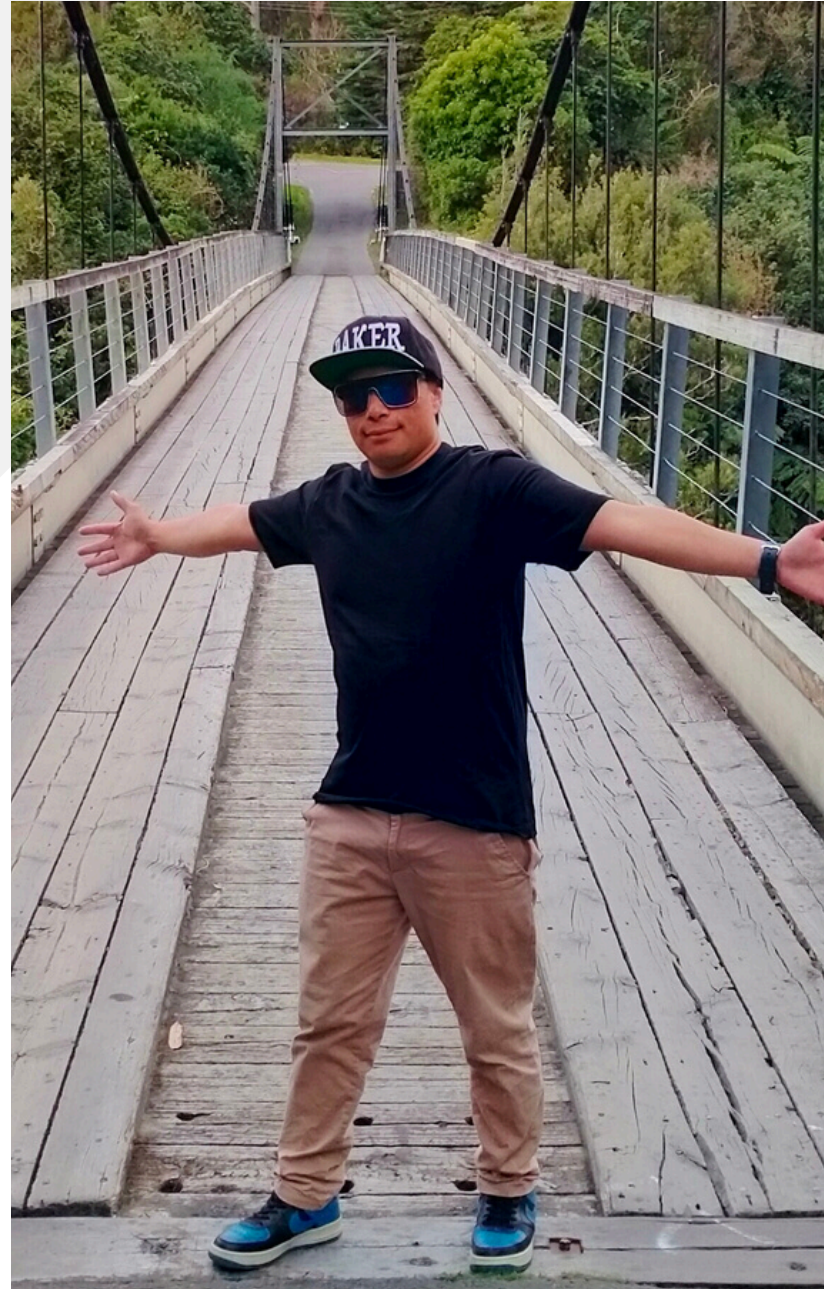
I am a Husband, a Father, and a follower of Jesus!

My mission is simple: to encourage and empower people of all ages to be the best they can be, in both their personal and professional lives. To unlock their full potential, guiding them toward personal growth and success through honest, authentic, and compassionate support. I strive to inspire transformation, one heart and one mind at a time, by sharing life experiences and fostering trust, respect, kindness, and resilience. No matter where you are in life, it's never too late to grow, lead, and inspire others.

Let's start this journey together!

*Te Raumoa Baker*

AUTHOR



# WHAT'S WITH THE BAMBOO TREES?

## STORY TIME!

Once upon a time, in a small village in China, there lived a farmer who decided to grow a Chinese Bamboo Tree. He planted the seed with great care in the fertile soil near his home. The seed was special, but it was also known for testing the patience of those who planted it.

Every day, without fail, the farmer tended to the seed. He watered it carefully and ensured that the soil was nourished with the right fertilizers. He protected the ground from weeds and pests and gave the seed his unwavering attention.

Months went by, and nothing happened. Not even a small sprout broke through the soil. His neighbors began to notice.

Why do you waste your time on that seed?" they asked. "There's nothing there. You could grow so many other crops in that spot!"

But the farmer smiled and said, "I believe in the bamboo's potential. It will grow in its own time."

A year passed. Then two. Then three. Still, there was no sign of growth. The farmer's patience was mocked by others in the village. "You're foolish," they said. "Nothing is going to happen. Just dig it up and plant something useful."

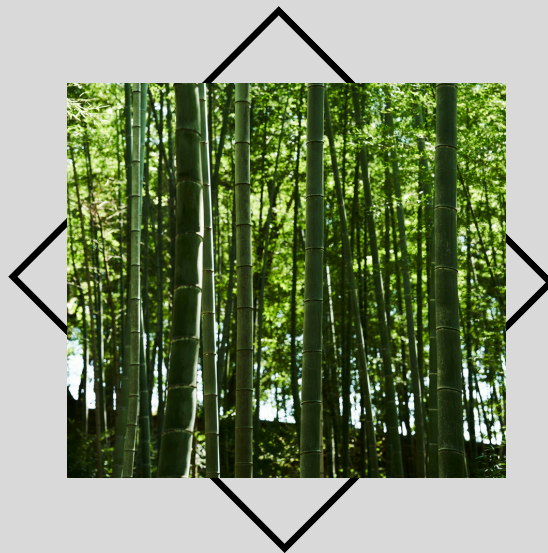
But the farmer ignored their words. He continued to water the seed and tend to the soil every single day.

Finally, in the fifth year, something miraculous happened. A small sprout pushed its way through the ground. The villagers were amazed, but what came next was even more astonishing.

In just five weeks, that tiny sprout grew and grew until it was a towering bamboo, stretching nearly 90 feet into the sky. The farmer stood proudly beside the mighty tree, its swaying leaves a testament to his faith and perseverance.

One of the villagers asked, “Did the bamboo really grow 90 feet in five weeks?”

The farmer smiled and replied, “No, it grew 90 feet in five years. Every day that it was hidden beneath the ground, it was growing its roots- strong and deep enough to support its height. Without those years of preparation, it would never have been able to reach such heights.”



### **THE LESSON:**

Like the bamboo tree, great achievements and dreams often require unseen preparation. The work you put in today might not yield immediate results, but with patience, persistence, and faith, your efforts can lead to extraordinary outcomes. Allow this journey to be the start of a lifetime of growth, that starts right now by planting the seed.

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**PRIORITIZE YOUR GROWTH!**



**“CONNECTION FIRST,  
STRENGTH SECOND,  
GRATITUDE ALWAYS”**

# WELCOME!

Welcome to the **31-Day Growth Plan**, a journey designed to nurture holistic personal development through what we call the "Three G's of Growth": **Grounding, Gains, and Gratitude**. This plan integrates spiritual, physical, and mental well-being to help you grow stronger in your self-awareness, healthier in your body, and more grateful in your heart.

## **THE THREE G'S OF GROWTH**

- **Grounding:** In today's fast-paced world, staying present is a challenge. Grounding practices in this plan will help you connect with the moment, cultivate calm, and foster self-awareness. These exercises are designed to create a sense of stability and clarity, empowering you to respond to life with intention.
- **Gains:** Physical activity is a cornerstone of health and resilience. Each day includes exercises to build strength, improve endurance, and support overall vitality. Whether you're just beginning or looking to enhance your fitness routine, these activities are tailored to be accessible and adaptable to your needs.
- **Gratitude:** Gratitude is a transformative practice that shifts your mindset and invites joy into your life. Each day, you'll reflect on something you're thankful for, fostering a habit of positivity and mindfulness. This simple practice can unlock a greater sense of contentment and appreciation for the present moment.

# THE VISION

Over the next 31 days, you'll dedicate a small amount of time to each of these three areas. This plan is about progress, not perfection- every small step forward contributes to your overall growth. By the end of the month, you'll have cultivated habits that not only improve your current well-being but also set the foundation for sustained growth in the future.

This journey is flexible and designed to meet you where you are. Whether you're seeking more balance, exploring mindfulness, or aiming to prioritize your physical health, this plan will guide you toward a better, more centered version of yourself.

Take a deep breath, commit to this process, and embrace each day as an opportunity for growth.

Let this 31-day journey be a stepping stone to a better you- spiritually, physically, and emotionally. Commit to the process, trust in the growth, and celebrate your progress along the way.

**LET'S GET STARTED!**

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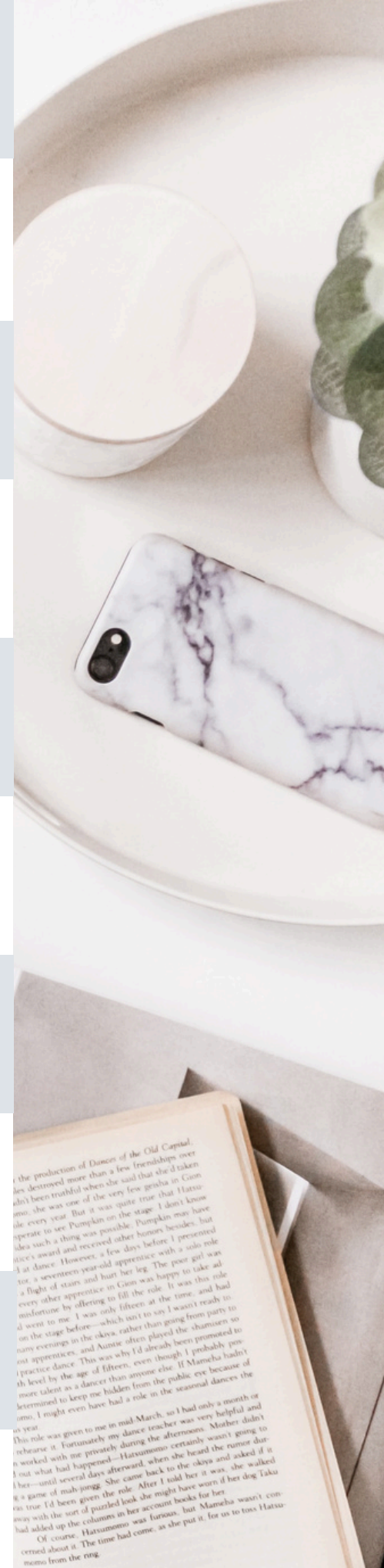
Week 1: Foundations

Week 2: Building Momentum

Week 3: Refining Habits

Week 4: Flourishing

Week 5: Celebration



## GROUNDING

**PRACTICE:** SIT QUIETLY AND FOCUS ON YOUR BREATHING FOR 5 MINUTES. COUNT YOUR BREATHS TO ANCHOR YOURSELF IN THE MOMENT.

**REFLECTION:** IDENTIFY ONE INTENTION YOU HAVE FOR THIS 31-DAY JOURNEY. WRITE IT DOWN OR SAY IT ALOUD.

## GAINS

### EXERCISE:

- 15-MINUTE BRISK WALK OR LIGHT JOG.
- 3 SETS OF 10 BODYWEIGHT SQUATS.

### FOCUS:

BUILD LOWER BODY STRENGTH AND INCREASE CIRCULATION.

## GRATITUDE:

REFLECT ON SOMEONE WHO HAS POSITIVELY INFLUENCED YOUR LIFE. CONSIDER REACHING OUT TO THANK THEM.

## NOTES

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## GROUNDING

**PRACTICE:** SPEND 5 MINUTES USING THE 5-4-3-2-1 TECHNIQUE TO CONNECT WITH YOUR SENSES:

- 5 THINGS YOU SEE,
- 4 THINGS YOU FEEL,
- 3 THINGS YOU HEAR,
- 2 THINGS YOU SMELL,
- 1 THING YOU TASTE.

## GAINS

### EXERCISE:

- 3 SETS OF 12 PUSH-UPS.
- 10-MINUTE STRETCHING ROUTINE.

### FOCUS:

ENGAGE UPPER BODY MUSCLES AND IMPROVE FLEXIBILITY.

## GRATITUDE:

WRITE ABOUT A BEAUTIFUL MEMORY THAT BRINGS YOU PEACE. RELIVE THE EMOTIONS AND BE THANKFUL FOR THAT EXPERIENCE.

## NOTES

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## GROUNDING

**PRACTICE:** TRY A SHORT WALKING MEDITATION. WALK SLOWLY, FOCUSING ON HOW YOUR FEET FEEL WITH EACH STEP.

\*NOTICE YOUR SURROUNDINGS.  
**REFLECTION:** WHAT EMOTIONS OR THOUGHTS ARISE WHEN YOU SLOW DOWN?

## GAINS

### EXERCISE:

- 20-MINUTE PILATES OR STRETCH SESSION FOCUSING ON CORE STRENGTH.

### FOCUS:

DEVELOP CORE CONTROL AND BALANCE THROUGH INTENTIONAL MOVEMENT.

## GRATITUDE:

IDENTIFY ONE THING ABOUT YOUR CURRENT ENVIRONMENT YOU'RE THANKFUL FOR

## NOTES

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## GROUNDING

**PRACTICE:** TAKE 5 MINUTES TO SIT WITH YOUR EYES CLOSED. PICTURE A CALMING PLACE, LIKE A FOREST OR A BEACH. IMAGINE THE SOUNDS, SMELLS, AND SENSATIONS.

**REFLECTION:** HOW DID THIS VISUALIZATION MAKE YOU FEEL?

## GAINS

### EXERCISE:

- 15-MINUTE BRISK WALK OR LIGHT JOG.
- 3 SETS OF 10 JUMPING JACKS.

### FOCUS:

BOOST HEART RATE AND COORDINATION WITH CARDIO AND AGILITY.

## GRATITUDE:

REFLECT ON A CHALLENGE THAT TAUGHT YOU RESILIENCE. APPRECIATE THE GROWTH IT BROUGHT

## NOTES

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## GROUNDING

**PRACTICE:** JOURNAL FOR 5 MINUTES ABOUT SOMETHING THAT'S BEEN ON YOUR MIND. END BY WRITING ONE POSITIVE THOUGHT ABOUT THE SITUATION.

## GAINS

### EXERCISE:

- **CIRCUIT:** 10 PUSH-UPS, 10 SQUATS, 10 BURPEES OR MOUNTAIN CLIMBS (REPEAT 3 TIMES).

### FOCUS:

COMBINE STRENGTH AND ENDURANCE IN A FULL-BODY CHALLENGE.

## GRATITUDE:

WRITE ABOUT SOMETHING IN NATURE THAT BRINGS YOU PEACE, LIKE A SUNSET OR A GENTLE BREEZE

## NOTES

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## GROUNDING

**PRACTICE:** TAKE A MOMENT TO NAME THREE THINGS YOU'RE GRATEFUL FOR RIGHT NOW. FEEL THE EMOTIONS ASSOCIATED WITH THEM.

## GAINS

### EXERCISE:

- 20-MINUTE RUN OR BRISK WALK.

### FOCUS:

IMPROVE ENDURANCE AND CLEAR YOUR MIND.

## GRATITUDE:

SHARE SOMETHING ABOUT TODAY THAT MADE YOU SMILE OR LAUGH

## NOTES

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## GROUNDING

**PRACTICE:** USE AFFIRMATIONS TO GROUND YOURSELF. REPEAT PHRASES LIKE, "I AM PRESENT," "I AM ENOUGH," OR "I AM STRONG."

## GAINS

- EXERCISE:**
- REST DAY OR ENGAGE IN LIGHT STRETCHING.

**FOCUS:**  
ALLOW YOUR BODY TO RECOVER AND REJUVENATE.

## GRATITUDE:

REFLECT ON SOMEONE WHO SUPPORTED YOU THIS WEEK. CONSIDER EXPRESSING YOUR APPRECIATION TO THEM

## NOTES

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## GROUNDING

**PRACTICE:** SPEND 5 MINUTES FOCUSING ON YOUR HEARTBEAT OR PULSE. NOTICE ITS RHYTHM AND HOW IT CONNECTS WITH YOUR BREATHING.

## GAINS

### EXERCISE:

- 20-MINUTE RUN OR BRISK WALK.
- 3 SETS OF 15 BODYWEIGHT LUNGES.

### FOCUS:

BUILD LOWER BODY STRENGTH AND CARDIOVASCULAR HEALTH.

## GRATITUDE:

SHARE ABOUT SOMEONE WHO HAS SUPPORTED YOUR GROWTH AND WHY YOU'RE THANKFUL

## NOTES

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# DAY 9

## GROUNDING

**PRACTICE:** TRY PROGRESSIVE MUSCLE RELAXATION. TENSE AND RELEASE EACH MUSCLE GROUP FROM HEAD TO TOE.

## GAINS

### EXERCISE:

- 5 SETS OF 10 SIT-UPS.
- 3 SETS OF 30-SECOND PLANKS.

### FOCUS:

STRENGTHEN YOUR CORE MUSCLES.

## GRATITUDE:

REFLECT ON A RECENT CHALLENGE THAT HELPED YOU GROW AND WHAT YOU LEARNED FROM IT

## NOTES

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## GROUNDING

**PRACTICE:** SIT QUIETLY AND REPEAT A CALMING AFFIRMATION FOR 3-5 MINUTES.

## GAINS

### EXERCISE:

- 15-MINUTE HIIT (HIGH-INTENSITY INTERVAL TRAINING) SESSION.

### FOCUS:

BOOST METABOLISM AND IMPROVE CARDIOVASCULAR FITNESS.

## GRATITUDE:

IDENTIFY A PERSONAL QUALITY YOU'RE GRATEFUL FOR AND HOW IT BENEFITS YOUR LIFE

## NOTES

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## GROUNDING

**PRACTICE:** 5-4-3-2-1 GROUNDING WITH YOUR SURROUNDINGS.

- 5 THINGS YOU SEE,
- 4 THINGS YOU FEEL,
- 3 THINGS YOU HEAR,
- 2 THINGS YOU SMELL,
- 1 THING YOU TASTE.

## GAINS

### EXERCISE:

- 3 SETS OF 15 TRICEP DIPS.
- 3 SETS OF 12 SHOULDER PRESSES (WITH WEIGHTS OR RESISTANCE BANDS).

### FOCUS:

STRENGTHEN YOUR UPPER BODY.

## GRATITUDE:

WRITE A THANK-YOU NOTE TO SOMEONE ELSE

## NOTES

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## GROUNDING

PRACTICE: JOURNAL FOR 10 MINUTES ABOUT A TIME YOU FELT COMPLETELY AT PEACE.

## GAINS

EXERCISE:  
• 20-MINUTE CYCLING OR STATIONARY BIKE SESSION.

FOCUS:  
ENHANCE LEG STRENGTH AND ENDURANCE.

## GRATITUDE:

WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR RIGHT NOW

## NOTES

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## GROUNDING

**PRACTICE: 4-7-8 BREATHING:**

- INHALE 4 SECONDS →
- HOLD 7 SECONDS →
- EXHALE 8 SECONDS

## GAINS

**EXERCISE:**

- 30-MINUTE WALK IN NATURE.

**FOCUS:**

COMBINE PHYSICAL ACTIVITY WITH  
MENTAL RELAXATION.

## GRATITUDE:

REFLECT ON A LESSON YOU'VE LEARNED RECENTLY AND FEEL THANKFUL FOR IT

## NOTES

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## GROUNDING

**PRACTICE:** 5-4-3-2-1 WITH POSITIVE MEMORIES.

**ANCHOR TO UPLIFTING THOUGHTS:**

- 5 POSITIVE MEMORIES.
- 4 PEOPLE WHO HAVE SUPPORTED YOU.
- 3 ACCOMPLISHMENTS YOU'RE PROUD OF.
- 2 PLACES WHERE YOU FEEL CALM.
- 1 AFFIRMATION YOU BELIEVE TODAY.

## GAINS

**EXERCISE:**

- REST DAY OR GENTLE STRETCHING, FOCUSING ON DEEP BREATHING.

**FOCUS:**

RESTORE YOUR BODY AND MIND.

## GRATITUDE:

REFLECT ON YOUR FAVOURITE HOBBY AND WHY IT BRINGS YOU JOY

## NOTES

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## GROUNDING

**PRACTICE:** SPEND 10 MINUTES JOURNALING ABOUT HOW YOUR HABITS HAVE EVOLVED DURING THIS PLAN.

## GAINS

- EXERCISE:**  
FULL-BODY WORKOUT:
- 3 SETS OF 10 SQUATS.
  - 3 SETS OF 10 PUSH-UPS.
  - 3 SETS OF 10 BURPEES.

**FOCUS:**  
ENHANCE OVERALL STRENGTH AND ENDURANCE.

## GRATITUDE:

WRITE ABOUT AN OPPORTUNITY OR EXPERIENCE YOU'RE GRATEFUL FOR

## NOTES

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## GROUNDING

**PRACTICE:** SIT QUIETLY AND REPEAT A CALMING AFFIRMATION FOR 3-5 MINUTES.

- “I AM HERE. I AM PRESENT. I AM GROUNDED.”
- “WITH EVERY BREATH, I RETURN TO THE PRESENT MOMENT.”
- “I AM ANCHORED, CALM, AND SAFE.”
- “I TRUST THE GROUND BENEATH ME TO HOLD ME STEADY.”
- “RIGHT NOW, I AM EXACTLY WHERE I NEED TO BE.”

## GAINS

### EXERCISE:

- 15-MINUTE HIIT SESSION FOCUSING ON CARDIO.

### FOCUS:

IMPROVE CARDIOVASCULAR HEALTH AND STAMINA.

## GRATITUDE:

WRITE A THANK-YOU NOTE TO YOURSELF

## NOTES

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## GROUNDING

**PRACTICE:** LISTEN TO A CALMING SONG  
OR AMBIENT SOUNDS.

**FOCUS:** SHIFTS ATTENTION FROM  
INTERNAL STRESS TO EXTERNAL CALM.

## GAINS

### EXERCISE:

- 3 SETS OF 12 BICEP CURLS.
- 3 SETS OF 12 LATERAL RAISES.

### FOCUS:

STRENGTHEN YOUR ARMS AND  
SHOULDERS.

## GRATITUDE:

WRITE DOWN ONE THING YOU'RE LOOKING FORWARD TO AND WHY YOU'RE  
GRATEFUL FOR THE ANTICIPATION

## NOTES

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## GROUNDING

**PRACTICE:** 5-4-3-2-1 WITH POSITIVE MEMORIES.

**ANCHOR TO UPLIFTING THOUGHTS:**

- 5 POSITIVE MEMORIES.
- 4 PEOPLE WHO HAVE SUPPORTED YOU.
- 3 ACCOMPLISHMENTS YOU'RE PROUD OF.
- 2 PLACES WHERE YOU FEEL CALM.
- 1 AFFIRMATION YOU BELIEVE TODAY.

## GAINS

**EXERCISE:**

- 25-MINUTE CARDIO WORKOUT OF YOUR CHOICE.

**FOCUS:**

KEEP YOUR HEART HEALTHY AND ENJOY PHYSICAL ACTIVITY.

## GRATITUDE:

WRITE DOWN ONE THING YOU'RE WANTING TO ACHIEVE AND WHY IT IS IMPORTANT FOR YOU

## NOTES

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## GROUNDING

**PRACTICE:** USE GROUNDING STONES OR HOLD A TEXTURED OBJECT AND OBSERVE HOW IT FEELS.

## GAINS

### EXERCISE:

- 3 SETS OF 15 CALF RAISES.
- 3 SETS OF 10 LEG PRESSES (USING RESISTANCE BANDS IF NEEDED).

### FOCUS:

STRENGTHEN YOUR LOWER LEGS AND IMPROVE STABILITY.

### GRATITUDE:

THINK OF A TIME SOMEONE HELPED YOU AND HOW IT IMPACTED YOU

## NOTES

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## GROUNDING

**PRACTICE:** JOURNAL FOR 10 MINUTES ABOUT A TIME YOU FELT COMPLETELY AT PEACE.

## GAINS

### EXERCISE:

- 20-MINUTE DANCE SESSION TO YOUR FAVOURITE MUSIC.

### FOCUS:

HAVE FUN WHILE STAYING ACTIVE.

## GRATITUDE:

EXPRESS GRATITUDE FOR YOUR BODY AND WHAT IT ALLOWS YOU TO DO

## NOTES

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## GROUNDING

**PRACTICE:** 5-4-3-2-1 WITH POSITIVE MEMORIES.

**ANCHOR TO UPLIFTING THOUGHTS:**

- 5 POSITIVE MEMORIES.
- 4 PEOPLE WHO HAVE SUPPORTED YOU.
- 3 ACCOMPLISHMENTS YOU'RE PROUD OF.
- 2 PLACES WHERE YOU FEEL CALM.
- 1 AFFIRMATION YOU BELIEVE TODAY.

## GAINS

**EXERCISE:**

- REST DAY OR TAKE A LEISURELY WALK.

**FOCUS:**

ALLOW TIME FOR RECOVERY AND REFLECTION.

## GRATITUDE:

IDENTIFY A STRENGTH IN YOURSELF YOU'RE GRATEFUL FOR

## NOTES

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## GROUNDING

**PRACTICE:** REFLECT ON A MEANINGFUL RELATIONSHIP IN YOUR LIFE. WRITE ABOUT WHY IT MATTERS AND HOW YOU CAN NURTURE IT.

## GAINS

### EXERCISE:

- 30-MINUTE MODERATE CARDIO SESSION.
- 3 SETS OF 10 STEP-UPS (STAIRS OR PLATFORM).

### FOCUS:

IMPROVE CARDIOVASCULAR HEALTH AND LEG STRENGTH.

### GRATITUDE:

REFLECT ON A FRIENDSHIP OR RELATIONSHIP THAT BRINGS YOU JOY AND CONSIDER EXPRESSING YOUR APPRECIATION

## NOTES

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## GROUNDING

- PRACTICE: ASK YOURSELF:**
- WHAT AM I DOING RIGHT NOW?
  - WHAT DO I NEED MOST IN THIS MOMENT?
  - WHAT'S ONE THING I CAN DO GENTLY FOR MYSELF?

## GAINS

- EXERCISE:**
- 20-MINUTE STRENGTH TRAINING WITH LIGHT WEIGHTS OR RESISTANCE BANDS.

**FOCUS:**  
BUILD MUSCLE STRENGTH AND TONE.

## GRATITUDE:

IDENTIFY A LIFE LESSON YOU'RE GRATEFUL TO HAVE LEARNED AND HOW IT HAS IMPACTED YOU

## NOTES

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## GROUNDING

**PRACTICE:** GENTLY TAP SPECIFIC POINTS ON THE BODY (SUCH AS THE SIDE OF YOUR HAND, COLLARBONE, OR FOREHEAD) WHILE REPEATING CALMING PHRASES OR AFFIRMATIONS.

## GAINS

### EXERCISE:

- 3 SETS OF 12 LUNGES (EACH LEG).
- 3 SETS OF 15-SECOND SIDE PLANKS (EACH SIDE).

### FOCUS:

STRENGTHEN LEGS AND CORE STABILITY.

## GRATITUDE:

BE THANKFUL FOR A MENTOR OR ROLE MODEL WHO INSPIRES YOU

## NOTES

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## GROUNDING

**PRACTICE:** GO THROUGH THE ALPHABET AND NAME ONE THING YOU'RE GRATEFUL FOR PER LETTER (E.G., A = APPLES, B = BOOKS...).

## GAINS

### EXERCISE:

- 25-MINUTE INTERVAL TRAINING (ALTERNATE BETWEEN FAST AND MODERATE PACE).

### FOCUS:

IMPROVE SPEED AND ENDURANCE.

## GRATITUDE:

REFLECT ON A COMMUNITY OR GROUP YOU'RE GRATEFUL TO BE PART OF

## NOTES

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## GROUNDING

**PRACTICE:** STAND IN FRONT OF A MIRROR, MAKE EYE CONTACT WITH YOURSELF, AND SAY CALMING AFFIRMATIONS OUT LOUD.

## GAINS

### EXERCISE:

- 3 SETS OF 15 KETTLEBELL SWINGS OR ALTERNATIVE WITH A HOUSEHOLD ITEM.

### FOCUS:

ENHANCE STRENGTH AND POWER.

## GRATITUDE:

WRITE ABOUT A RECENT EXPERIENCE THAT MADE YOU FEEL CONNECTED TO OTHERS.

## NOTES

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## GROUNDING

**PRACTICE:** SIT IN A QUIET PLACE AND MENTALLY 'MAP' EVERY SOUND YOU HEAR FOR 5 MINUTES. LABEL THEM WITHOUT JUDGMENT (E.G., 'BIRDSONG,' 'CAR PASSING').

## GAINS

- EXERCISE:**
- 20-MINUTE PILATES SESSION FOCUSING ON FLEXIBILITY AND CORE STRENGTH.

**FOCUS:**  
IMPROVE POSTURE AND MUSCLE CONTROL.

## GRATITUDE:

BE THANKFUL FOR YOUR HEALTH AND THE ABILITIES YOUR BODY HAS.

## NOTES

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## GROUNDING

**PRACTICE:** HOLD A PERSONAL OBJECT THAT REMINDS YOU OF COMFORT, LOVE, OR STRENGTH. SIT WITH IT, REMEMBERING WHERE IT CAME FROM AND WHAT IT MEANS TO YOU.

## GAINS

### EXERCISE:

- 3 SETS OF 10 PULL-UPS OR ASSISTED PULL-UPS.
- 3 SETS OF 15-MINUTE STAIR CLIMBING.

### FOCUS:

BUILD UPPER BODY AND CARDIOVASCULAR STRENGTH.

## GRATITUDE:

REFLECT ON A FREEDOM YOU ENJOY AND WHY IT'S IMPORTANT TO YOU

## NOTES

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## GROUNDING

**PRACTICE:** TAKE A SHORT WALK AND WITH EACH STEP THINK OF ONE THING YOU'RE THANKFUL FOR—ONE PER STEP IF POSSIBLE.

## GAINS

### EXERCISE:

- 30-MINUTE MIXED CARDIO (E.G., JUMP ROPE, JOGGING, CYCLING).

### FOCUS:

MAINTAIN HEART HEALTH AND ENJOY MOVEMENT.

## GRATITUDE:

THINK OF A TECHNOLOGICAL ADVANCEMENT YOU'RE GRATEFUL FOR AND HOW IT IMPROVES YOUR LIFE

## NOTES

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## GROUNDING

**PRACTICE:** REFLECT ON YOUR GROWTH OVER THE LAST MONTH. WRITE A NOTE TO YOURSELF CELEBRATING YOUR PROGRESS.

## GAINS

### EXERCISE:

- 30-MINUTE RUN OR LONG WALK.
- 3 SETS OF 15 MOUNTAIN CLIMBERS.

### FOCUS:

BUILD ENDURANCE AND CORE STRENGTH.

### GRATITUDE:

REFLECT ON ONE SIGNIFICANT THING THIS MONTH THAT HAS BROUGHT YOU CLOSER TO YOUR GOALS

## NOTES

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## GROUNDING

**PRACTICE:** ENVISION WHAT GROWTH MEANS FOR THE NEXT CHAPTER OF YOUR LIFE. SPEND 10 MINUTES SETTING NEW INTENTIONS.

## GAINS

- EXERCISE:**
- LIGHT STRETCHING SESSION FOCUSING ON RELAXATION.

**FOCUS:**  
ALLOW YOUR BODY TO REST AND RECOVER.

## GRATITUDE:

WRITE A LETTER TO YOURSELF CELEBRATING YOUR GROWTH THIS MONTH. ACKNOWLEDGE YOUR ACHIEVEMENTS AND SET INTENTIONS FOR THE FUTURE.

## NOTES

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# DAILY TRACKER

**KEEPING A DAILY TRACKER HELPS YOU TO STAY  
MOTIVATED, STAY CONSISTANT, STAY FOCUSED AND STAY  
ON TRACK**

**TRACK YOUR WAY TO A BETTER YOU!**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# EMBRACE THE JOURNEY OF CONTINUED GROWTH

Congratulations on completing the 31-Day Growth Plan: Grounding, Gains, and Gratitude! Over the past month, you've taken meaningful steps to nurture your mind, body, and heart. Through grounding practices, physical activities, and moments of gratitude, you've cultivated habits that contribute to a more balanced and fulfilling life.

As this plan comes to an end, your journey of growth continues. Here's how you can build on the foundation you've established:

- **GROUNDING:** Keep practicing presence and self-awareness in your daily life. Whether it's through meditation, mindful breathing, or simply pausing to reflect, grounding will continue to provide clarity and calm in the face of life's challenges.
- **GAINS:** Your physical health is an ongoing journey. Set new fitness goals, explore different forms of exercise, and celebrate the strength and energy you've developed. Regular movement not only strengthens your body but also fuels your mental and emotional well-being.

- **GRATITUDE:** A mindset of gratitude has the power to transform your perspective. Continue to acknowledge the blessings, big and small, in your life. Share your appreciation with others to deepen your connections and spread positivity.

Growth is a journey, not a destination. Some days will feel easy and others will challenge you, but the key is to remain consistent and resilient. Keep setting goals, seeking inspiration, and reflecting on how far you've come. Share your growth with others, and invite them to join you on this path.

Celebrate the progress you've made over the past 31 days, and carry these practices into your life moving forward. Whether you revisit parts of this plan, create new goals, or simply pause to reflect, know that these daily practices compound into profound transformation over time.

Thank you for allowing this plan to be a part of your journey. The habits you've cultivated will serve as tools to support your well-being for years to come. Here's to a future filled with balance, strength, and gratitude. Keep growing! - you are capable of so much more than you realize!

Blessings, shalom!

**Te Raumoa Baker**

**CONTINUE YOUR GROWTH JOURNEY**

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