

Constance Green

# **THE PERSONAL GROWTH BLUEPRINT**

**A GUIDED WORKBOOK FOR  
CLARITY, CONFIDENCE  
AND CHANGE**

# CLARIFY YOUR GOALS

Take a moment to get clear on what you truly want to accomplish. Choose goals that feel meaningful and energizing, and make them specific, measurable, and realistic. Break each one into simple steps you can begin right away. Every small action you take builds momentum, and momentum is what moves you toward the life you want. Start today and show yourself what you are capable of.

01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

Reflections:

---

---

---

---

---

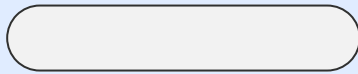
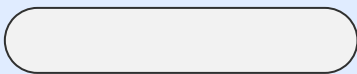
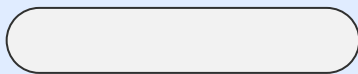
---

---

# MONITOR YOUR GROWTH

Stay inspired by paying attention to your growth. Take time to reflect on what you have accomplished, adjust your approach when needed, and celebrate every small step forward.

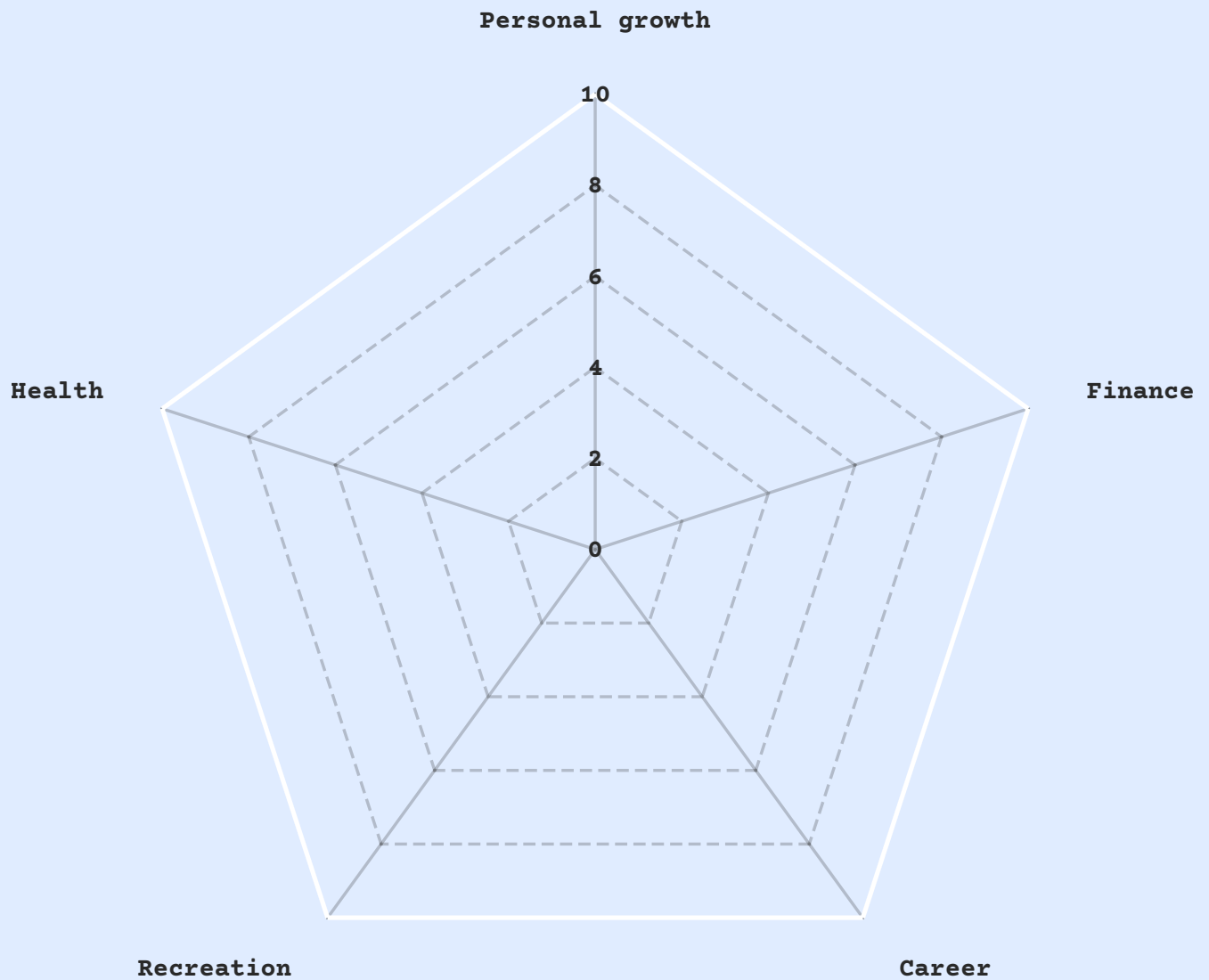
ACCOMPLISHMENTS

		
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

01			
02			
03			
04			
05			
06			
07			
08			
09			
10			

# REFLECT WITH INTENTION

Take a moment to look back on your journey, learn from what you have experienced, and welcome the growth that follows. Every step you take moves you closer to the strongest version of yourself.



Reflections:

---

---

---

---

# DEVELOP HEALTHY HABITS

Your everyday habits quietly shape your success.

Habit:

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

Habit:

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

Habit:

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

Habit:

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

Habit:

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

Habit:

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

Habit:

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

Reflections:

---

---

---

---