

The JOURNEY

OF



**SELF-
IMPROVEMENT**

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“Aim for the moon. If you miss, you may hit a star.” —W. Clement Stone

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SELF- IMPROVEMENT

“Motivation is what gets you started. Habit is what keeps you going.”

— Jim Rohn

Hey there, beautiful soul!



I'm Kate and I am a lifestyle blogger with a holistic approach to mindfulness writing for growth seeking creatives who want to find their balance and inner peace.

I'm so stoked that you can use this workbook for your self-improvement journey! I hope you will have fun transforming your goals into reality!

Let's Begin The Journey!

Find a peaceful place where you can feel comfortable and relaxed, take some time to reflect on the current version of yourself and start filling out your workbook!

Savor the moment

Be Present, Engaged & Intentional

And Don't Forget To

HAVE FUN!

SELF- IMPROVEMENT

40 HABITS

1. Design A Powerful Morning Routine
2. Create Your Workout Routine
3. Create A Vision Board And Get Inspired
4. Be Productive Not Busy
5. Do More Single Tasking
6. Design A Nighttime Routine
7. Clean Out The Clutter - make your bed
8. Set Daily Goals - specific and clear
9. Prioritize Your Tasks
10. Start A Journal
11. Keep Yourself Motivated
12. Practice Mindful Relaxation
13. Start A Gratitude Jar
14. Practice Mindful Eating
15. Treat Yourself In A Healthy Way
16. Meditate
17. Practice Being Present (Mindfulness)
18. Observe Your Feelings
19. Connect With Nature
20. Self-Care Like A Boss
21. Practice Positive Self-Talk
22. Become A More Mindful Shopper
23. Develop Your Skills
24. Set Your Financial Goals
25. Cultivate A Practical Minimalism
26. Be More Sustainable
27. Brake Your Procrastination Habit
28. Read An Inspirational Content
29. Fuel Your Passion
30. Build Your Tribe
31. Get Out Of Your Comfort Zone
32. Face Your Fears
33. Get Rid Of Negativity In Your Life
34. Increase Your Emotional Intelligence
35. Embrace And Honour Your Intuition
36. Ask For Constructive Feedback
37. Practice Consistency
38. Track Your Progress
39. Celebrate Your Achievements
40. Commit To Your Personal Growth

SELF- IMPROVEMENT

Track Your Progress

&

convert your goals and aspiration into
reality.

1% *goal setting*

100% *goal achievement*

SELF-IMPROVEMENT GOALS

FOR

MIND

GOALS	DATE	DEADLINE
CELEBRATE		

SELF-IMPROVEMENT GOALS

FOR

BODY

GOALS	DATE	DEADLINE
CELEBRATE		

SELF-IMPROVEMENT GOALS

FOR

SPIRIT

GOALS	DATE	DEADLINE
CELEBRATE		

HABITS FOR SELF-IMPROVEMENT

1 STEPPING OUTSIDE MY COMFORT ZONE EVERY DAY

2 BEING PRODUCTIVE NOT BUSY

3 POSITIVE SELF-TALK

4 DAILY GOAL-SETTING

5 SELF-REFLECTION

6 CONSISTENCY

7 TRACKING PROGRESS

8 BEING HONEST WITH MYSELF

SELF-IMPROVEMENT TASK CHECKLIST

**WHEN I MADE MYSELF
A PRIORITY:**

**WHEN I STEPPED OUT
OF MY COMFORT ZONE:**

**WHEN I INVESTED IN
MYSELF:**

**WHEN I SHOWED MY BODY
SOME LOVE:**

WHEN I WAS ASSERTIVE:

SELF-ESTEEM

GUIDE

POSITIVE SELF-TALK

DROWN OUT NEGATIVITY

SET NEW REALISTIC CHALLENGES

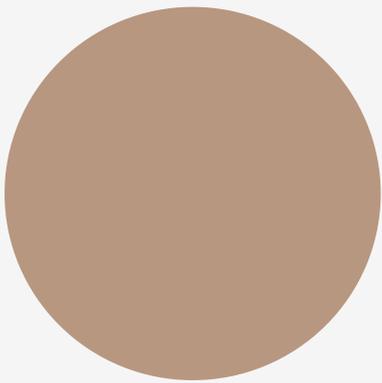
FUEL MY PASSION

CULTIVATE SELF-CARE

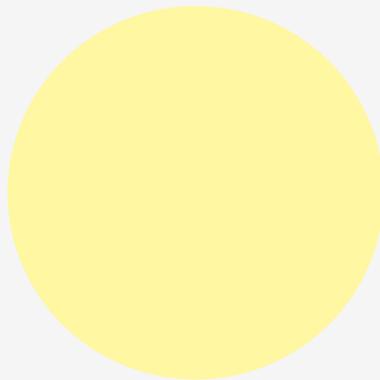
CELEBRATE MY ACHIEVEMENTS

VISION BOARD

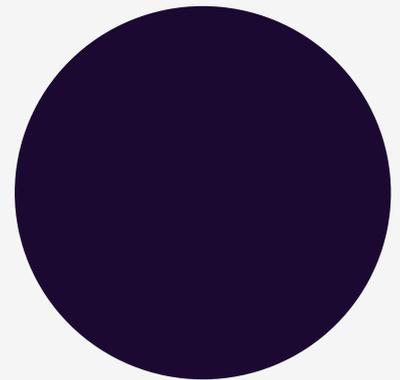
FOR MOTIVATION & INSPIRATION



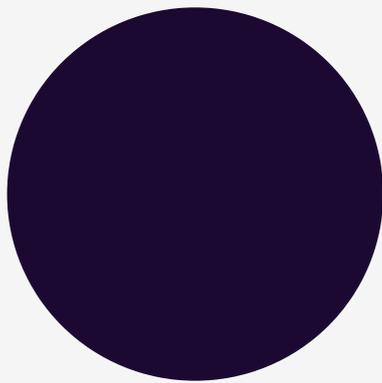
HEALTH & WELLNESS



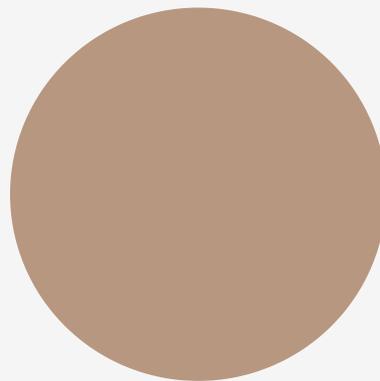
FAMILY & FRIENDS



CAREER



FINANCIAL



SKILLS & ABILITIES



CELEBRATE MY
ACHIEVEMENTS

Turn Your Mistakes Into Opportunities

“Despite failure, only the person trying to learn from mistakes can advance in life.”

— Prof Basu Mali

Mistakes



Opportunities

A large, empty, light gray rectangular box intended for writing down mistakes.A large, empty, light gray rectangular box intended for writing down opportunities.

Changing Negative Self-Talk Into A Positive Self-Talk

What I tell myself

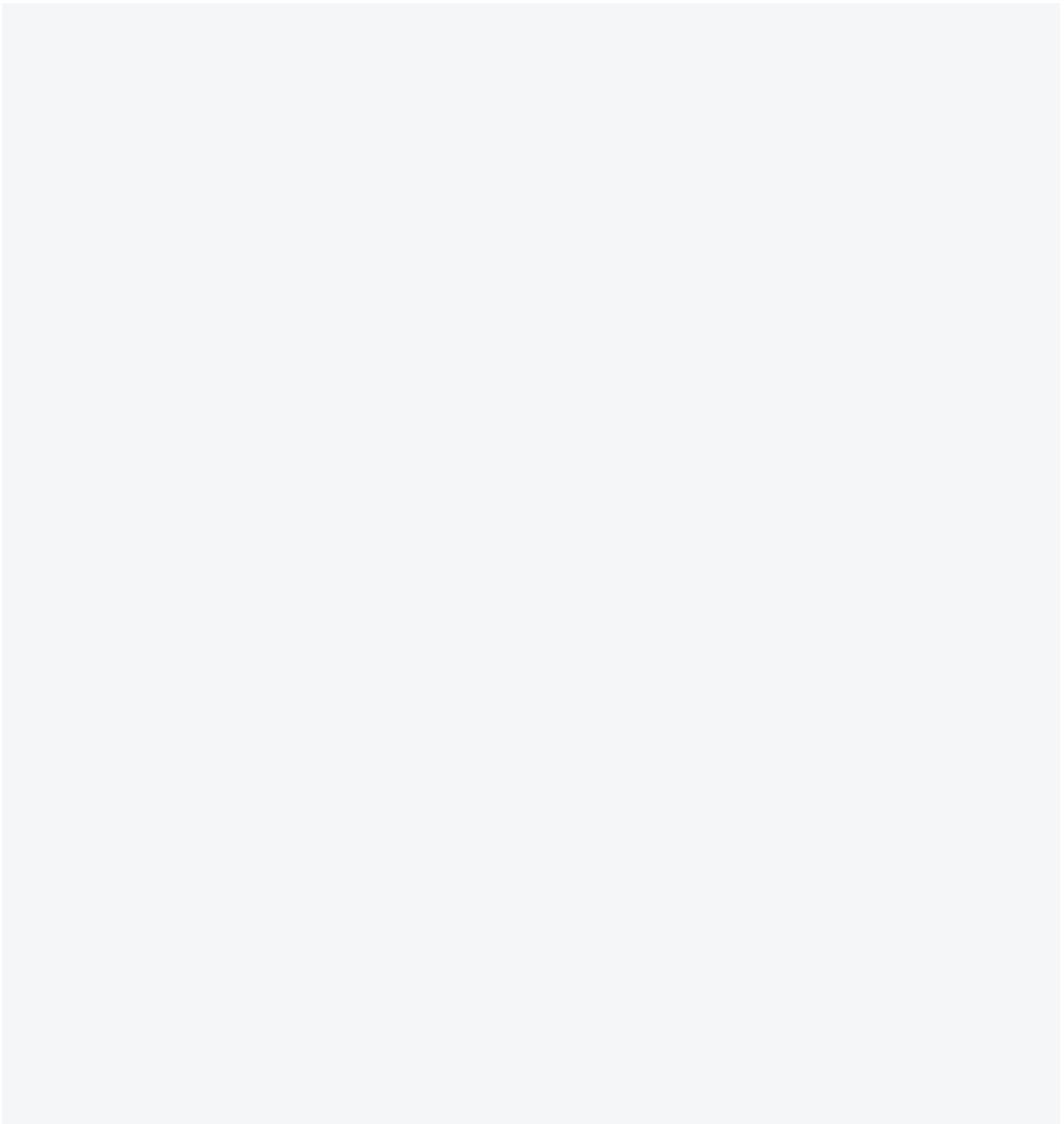


What I should be telling myself

A large, empty, light gray rectangular box intended for writing down negative self-talk.A large, empty, light gray rectangular box intended for writing down positive self-talk.

List Of Things That Are Holding Me Back:

“Once we accept our limits, we go beyond them.”
— Albert Einstein



SELF-IMPROVEMENT JOURNAL

GRATITUDE JOURNAL

#My Values

#Personal-Growth Challenge

- **Schedule My Day For Maximum Productivity**
- **Develop A Heathy & Positive Daily Routine**
- **Create Powerful Morning Rituals**
- **Create & Maintain Positive Healthy Habits**
- **Encourage The Love Of Learning**
- **Read Inspirational Content**
- **Identify & Manage My Distractions**
- **Create My Own Tribe**
- **Improve My Mental & Physical Health**
- **Face My Fears**
- **Practice Gratitude**
- **Fuel My Passion**

#Self-Discovery Questions

- **What 3 words describe me the best?**
- **What are my priorities at the moment?**
- **What are my biggest achievements in life so far?**
- **Who do I want in my circle?**
- **What would I tell my 10 year old self?**
- **Who is my role model?**
- **What is my biggest guilty pleasure?**
- **What makes me feel empowered?**
- **What do I need to let go to move forward?**
- **What brings me the most joy?**
- **If I could share one message with the world what would it be?**
- **What do I love about myself?**

#Steps to find Passion & Life-Purpose

- **List All The Things That Makes You Forget About The Whole World Around**
- **List All The Behaviors That Block Your Progress**
- **List Your Top 3 Personal Values**
- **List Your Biggest Dreams**
- **Consider Your Options**
- **Stop Comparing Yourself To Others**
- **Trust Your Intuition**
- **Set New Realistic Challenges**
- **Create An Acton Plan To Achieve Your Goals**
- **Practice Mindfulness**
- **Find Your Strenghts**
- **Connect With Your Inner Child**



Healthy Lifestyle

Nourish My Positive Self-Talk

Exercise

Stay Hydrated

Practice Mindful Eating

Take Care Of My Relationships

Meditate

Practice Deep Breathing

Do A Digital Detox

Connect With Nature

Cultivate Self-Care

Fuel My Passion

Laugh More

Manage Stress

Get Quality Rest

SPHERES OF LIFE

SPHERE

WHERE I AM

WHERE I WANT TO BE

State Of Mind

Physical Body

Spirituality

Relationships

Career

Finances

Hobbies

Living Conditions

Environment

Service

FINANCIAL MANAGEMENT

HABITS

1

GET OUT OF DEBT

2

UNDERSTAND MY RELATIONSHIP
WITH MONEY

3

SET FINANCIAL GOALS

4

SET UP REALISTIC BUDGET &
STICK TO IT

5

SWITCH TO MINDFUL
SHOPPING MODE

6

SPEND LESS THAN I EARN

7

START SAVING UP

8

SPEND MONEY ON
EXPERIENCES (NOT THINGS)

TIME MANAGEMENT

HABITS

1

DEFINE MY PURPOSE

2

SET SMART GOALS

3

MAKE A POWERFUL TO-DO LIST

4

SET DEADLINES

5

LESS MULTITASKING

6

STAY FOCUSED ON MY
PRIORITIES

7

ELIMINATE DISTRACTIONS

8

BEING ASSERTIVE

ACHIEVEMENT & CELEBRATION





















NOTES



The JOURNEY OF

SELF- IMPROVEMENT

You Design Your Journey!