

My Growth Goals Worksheet

◆ Section 1: Vision

- What does growth mean to me right now?
- In 12 months, I want to...
- My long-term vision is...

◆ Section 2: Focus Areas

List the top 3 areas where you want to grow:

- 1.
- 2.
- 3.

◆ Section 3: SMART Goals

For each focus area, define a **SMART goal** (Specific, Measurable, Achievable, Relevant, Time-bound).

Focus Area	SMART Goal	Timeline	Success Measure
Example: Career	Earn a promotion to team lead	6 months	Positive performance review

◆ Section 4: Action Steps

- What small steps can I take this week?
- What resources or support do I need?
- Who can hold me accountable?

◆ Section 5: Reflection & Faith Integration

- What biblical principle inspires my growth?
- How will I celebrate progress?
- What lessons will I carry forward?

✨ **Key Reminder:** Growth is a journey. Celebrate small wins, stay consistent, and align your goals with your values.

