



# THE PATH TO PERSONAL GROWTH PLANNER

Self-Coaching Edition



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## Self-Coaching Edition

### Welcome

Thank you for choosing the *Path to Personal Growth Planner*. This program has been designed as a complete self-coaching framework. You do not need accountability coaching or outside guidance to use it. You are of course welcome to sign up for additional email support if you find yourself losing focus.

The planner is divided into three stages:

1. **Stage 1: Design Your Life** – step out of default mode and begin living with authorship.
2. **Stage 2: Live With Purpose** – align your values with daily actions and build momentum.
3. **Stage 3: PAUSE for Emotional Resilience** – steady yourself under stress and carry lessons forward.

Each stage contains four weeks of structured coaching pages: a mini-lesson, a worksheet, weekly reflections, and closing notes. Together, these create a 12-week journey, but you can take it at your own pace.

### How to Use This Planner

- **Start where you are.** If one stage feels most urgent, begin there.
- **Work week by week.** Each week is designed to be achievable without overwhelm.



- **Print and keep a binder.** Use the worksheets and reflection pages as a living record of your growth.
- **Revisit tools as needed.** The worksheets are not one-time exercises. Return to them whenever you need clarity or a reset.
- **Set time aside.** Life can get busy so create an environment for success by setting up a specific day or time to work through each week.

## **Reflection Prompt: Where Am I Right Now on This Path?**

Before you begin, pause for a moment to consider where you are now. Growth is a process of noticing where you stand and choosing the next step. This framework has three stages:

- **Design Your Life** — stepping out of default mode and into choice.
- **Live With Purpose** — aligning your daily actions and long-term vision with your values.
- **PAUSE for Resilience** — steadying yourself when life shifts and challenges arise.

Each stage supports the others, but you do not need to move through them in order. Some women begin by clarifying their values. Others begin by practising resilience.

### **Your Reflection**

These questions are for your eyes only. Write your answers in your journal or on the pages provided to create a starting point. Keep your answers in your binder – they will be useful to revisit once you finish the program.

Reflection is not about judging where you are. It is about locating yourself honestly, so the next step feels grounded and possible. This prompt is your starting point. You can return to it whenever you feel lost, stuck, or ready for a reset. Growth begins by asking: *Where am I right now?* The answer, whatever it is, is the right place to begin.

### **Final Note**

This planner is about small steps, repeated often, that add up to real change. Use it as your own coach: a framework that helps you choose with intention, live with purpose, and steady yourself when life shifts.

Each page you complete is evidence that you are moving forward. This is your growth, authored by you.

Inspirational Guidance

<https://www.inspirationalguidance.com>

# Where Am I? Reflection Questions

**Do I feel most drawn to designing my life, clarifying my purpose, or practising resilience? If I had to choose one stage, which one feels most urgent?**

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**Where do I notice drift — living on autopilot instead of with intention?**

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# Where Am I? Reflection Questions

**What matters most to me at this stage of my life?**

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**Where do I feel stuck, restless, or misaligned?**

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# Where Am I? Reflection Questions

**What is one small change I would like to see in the next three months?**

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**How do I want to feel more often — and what gets in the way?**

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