



Grow With Joe, LLC – Registered Investment Advisor
info@growwithjoe.me

About this Worksheet

This worksheet is designed to help you understand the importance of working on your mental self. If you constantly work on yourself, you'll go from good, to great, to unstoppable. This takes time but here is the first step towards having a better life. The more effort you put into yourself, the more opportunities for success you'll have.

Today is the oldest you've ever been and today is the youngest you'll be for the rest of your life." - Eleanor Roosevelt

What are some things that you need to stop putting off in your life?

What is something that you let decay in your life and that you wish you didn't?

"Life is long as long as you know how to use it." Seneca

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

You're outer circle success will never surpass your inner circle success

How would you grade your physical self and why?

--

How would you grade your mental self and why?

--

How would you grade your emotional self and why?

--

How would you grade your spiritual self and why?

--

How would you grade your career self and why?

--

How would you grade your relationships self and why?

--

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

How would you grade your finances and why?

How would you grade your overall self and why?

"The best investment that you can make is in yourself" -
Warren Buffett

What's holding you back?

What are some things that you say you can't do?

What are some things that you would like to do in the future?

"What's on the other side of fear, nothing." - Jamie Foxx

How do I invest?

What portion of your day do you spend investing in yourself?

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

What is an investment that you can start making in yourself?

"The individual should act consistently as an investor and not as a spectator." - Benjamin Graham

Are you being too comfortable?

When is the last you stepped outside of your comfort zone?

Are there uncomfortable conversation or activities that you should be doing now?

What would be the outcome for doing those uncomfortable things?

"There is nothing worst than finding out you were great at the wrong thing after 20 years."

Physical Self

How will having more energy, strength, and getting sick less improve your life?

"Your body is the only vehicle that will carry you through life."

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

Mental Self

How will being able to make better decisions improve your life?

--

Emotional Self

How will having less impostor syndrome, anxiety, and depression improve your life?

--

Spiritual Self

How will having a greater sense of purpose and living that purpose improve your life?

--

Are You Ready?

Can you handle any obstacle that comes your way or do you need time to get ready?

--

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

How would your life change if you were 37 times better as a person?

Do you feel like you're the sum of your choices so far in life?

"Professionals Stay ready, amateurs let life get in the way"

Want More, Be More

What are the things that you would want more out of life?

Are you a better person today than you were six months ago? And are you on track to become a better person six months from now?

"How is that working out for me?" - Jordan Harbinger