



Grow With Joe, LLC
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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.

What are the benefits of making better decisions?

How can thinking more creative and innovative help you with your life?

Compounding Is The Seventh Wonder Of The World

How many books do you plan to read or listen to over the next month?

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

What is the best time to read or listen to books for you and where?

Is 15 minutes too much for you to dedicate to reading or listening to audio books?

Amazon Kindle Word Runner Demo and Speed Reading Course

[Amazon Kindle Demo](#)

Speed Reading Course <https://kwiklearning.com/> (Paid Course and not sponsored by this company)

Listening to Podcasts

What Podcasts are you currently listening to?

What is the one area in your life that you like to improve in? (health career, finances)

Find two podcasts in that area and listen to five episodes of each. Then delete the one that gives you the least amount of value (If you want :)) Write those podcasts here.

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How can you include podcasts in your daily routine? (At the gym. In the car, etc.)

Are you able to listen to podcasts on a faster speed?

Speed Listening (Check each box when you are comfortable with listening at that speed)

1.25x []

1.50x []

1.75x []

2.00x []

2.25x []

What has been the best idea that you written over the last week and why?

How can you implement that idea in your life?

Games

What game do you plan to play for at least 15 minutes a day?

When you get frustrated next time, take a break to play a game. How did you feel afterwards?

Playing Games Podcast – Jordan Harbinger

[Episode 96: Jane McGonigal – Gaming Your Way To Health and Happiness](#)

Bulletproof Coffee

Mix needed for Bulletproof Coffee

[Bulletproof Brain Octane Oil](#)

Sleep

How many hours of sleep are you getting a night this week?

Have you been able to follow the sleep smarter routine? If no, how come?

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Become An Expert

What are 2 books that you can read that will benefit your career?

What did you learn from those books?

Write a 500 word article on those lessons learned and post it to LinkedIn

When did you complete this: