



Grow With Joe, LLC
info@growwithjoe.me

About this Worksheet

This worksheet is designed to help you understand the importance of working on your spiritual 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.

Knowing

Who do you want to be as a person?

--

Are you being the person you want to be?

--

What are your likes?

--

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

What are you dislikes?

What are your principles in life?

What are your values?

Are you working towards the person you need to be?

Discovering Who You Are

What new activity can you do to help you get a new perspective?

What outside article or book can you read to get a different perspective?

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

Are you doing something that you know you should quit? What is causing you to continue that activity?

Personality tests you can take

DISC - <https://www.123test.com/disc-personality-test/index.php> (\$15)

Myers-Briggs - <https://www.16personalities.com/free-personality-test> (Free)

Strengthsfinder 2.0 - <https://www.amazon.com/StrengthsFinder-2-0-Tom-Rath/dp/159562015X>

What did you find out from taking your personality tests?

Find your love language

Five Love Languages Quiz - <https://www.5lovelanguages.com/quizzes/>

What did you discover about your love language?

Be The Person You Were Meant To Be

What are you saying yes to that is prevent you from being the person you want to be?

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

Do you feel ready to say “No” to the unimportant tasks in your life? If no, what steps can you make so you can?

What are some things you want to do but feel like you’re not ready for because you see yourself as an “amateur”?

How can you expose yourself more to the task you want to do and get more reps in?

Are you comfortable in not living up to other people’s expectations? If no, what is cause that?

Expecting A Challenge From Life

Have you done something difficult for yourself? How did you feel afterwards?

What positive affirmations can you say to help you get through challenging times?

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

How can maintaining a growth mindset help you with challenging times?

Are there areas of your life where you maintain a victim's mindset? If yes, what is causing that?

What steps can you cause to remove the victim's mindset from your life?

What reminder can you use to prevent complaining?