

איזהו גיבור? הכובש את יצרו.

Personal Growth Diary



“A comfort zone is a beautiful place, but nothing ever grows there”

MY STRUGGLE

Pick an area in your life where you face a struggle.

MY GOAL

Where would you like to see yourself at the end of this challenge?

THINGS TO KEEP IN MIND

Do you have any obstacles or blockages that may get in your way? How can you bypass / overcome them? Are there any tips that can help you?

Day 1

Date:

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 2

Date: _____

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 3

Date:

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 4

Date: _____

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 5

Date:

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 6

Date: _____

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 7

Date:

Objectives

What do you want to achieve today?

Notes

Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?

Day 8

Date: _____

Objectives

What do you want to achieve today?

Notes

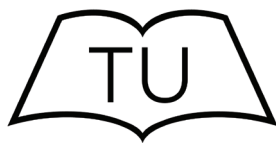
Any tips or points to add?
Maybe something you want to keep in mind for future days?

Action Steps

Break down your objective into 3 practical steps.

In Practice Today

Did you meet your objective today? How did things work out?



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