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GROWTH • DIRECTION

Your Personal Growth Compass

A grounded reflection tool for values, influence, obstacles and one meaningful next step.

Inside this workbook
A practical, printable system you can use today — with guided steps, reflection prompts and a simple action plan.

Designed for real life: start small, make it yours, and return whenever useful.

5 guided worksheets A clear path from intention to action.	**Space to reflect** Room to write, plan and review.	**Made to revisit** Print again whenever you need it.

A free UpdateMind workbook

Download, print or complete digitally. No perfect streaks or special equipment required.

01 / WORKSHEET

Pause and take stock

Growth starts with honest observation, not judging yourself against someone else.

What feels most important in my life right now?

Where do I feel curious, ready, or in need of change?

What has gone better than I give myself credit for?

You can skip any prompt that does not feel useful. This workbook is yours to adapt.

02 / WORKSHEET

Name your values

Values are directions for action, not goals you finish once.

Choose up to five values that matter now

- ■ Learning
- ■ Health and care
- ■ Creativity
- ■ Connection
- ■ Freedom
- ■ Contribution
- ■ Stability
- ■ Courage
- ■ Other: _____

My top values right now:

One recent choice that reflected a value:

One area where I want my actions to match my values more:

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03 / WORKSHEET

Sort what is in your control

Separate what you can act on from what you can only influence or accept.

I can control	I can influence	I cannot control

What deserves my energy this week?

Put most effort into the next action you control. Influence is real, but it is not the same as control.

04 / WORKSHEET

Understand the obstacle

Name the practical barrier without making it your identity.

The situation I want to move forward in:

The biggest obstacle seems to be…

What have I already tried? What did I learn?

What support, information or boundary could help?

05 / WORKSHEET

Choose a direction and next step

Translate reflection into one small action with a time and a support plan.

A direction I want to move toward:

Within the next 24 hours, I can:

When / where I will do it:

If I get stuck, I can…

Make it doable

- Small enough to begin in 10–20 minutes.
- Connected to a value I chose.
- Specific enough to notice completion.
- Flexible enough to adapt if circumstances change.

KEEP THE MOMENTUM

One small next step is enough.

Choose one action you can take within the next 24 hours. Make it specific, easy to begin and kind to your actual schedule.

My next step

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This workbook is for educational and self-reflection purposes. It is not a substitute for professional medical, psychological, educational or financial advice.