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Growth & Habits Workbook

This free growth and habits workbook puts five of our worksheets into one printable PDF: plan what you want to grow, track one to three small habits for a month, get unstuck when you procrastinate, spot the patterns that trip you up, and learn from setbacks instead of writing yourself off. Print it once and use it over a month.

What's inside

1. **Self-Growth Plan.** Start here: check in on your whole life and choose one to three goals, each with a small first step.
2. **Habit Tracker Printable.** Turn the plan into a few tiny daily habits and tick them off for a month, with a kind rule for missed days.
3. **Procrastination Worksheet.** When a task keeps sliding to tomorrow, name the feeling you're avoiding and find a two-minute first step.
4. **Self-Sabotage Worksheet.** If the same pattern keeps getting in your way, see what it protects you from and plan a different move.
5. **Growth Mindset Worksheet.** After a setback, turn 'I'm just not good at this' into what you'll try next.

How to use it

- Fill in the plan and the tracker in your first week.
- Keep the other three for when you notice you're stuck.
- Review the tracker at the end of the month and adjust the plan.
- Missing days is normal. Pick up again the next day.

If things feel heavier than a worksheet can hold

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My Self-Growth Plan

A quick look at your whole life, the values that matter most, and one to three growth goals with a first step and a plan for each, then a monthly check-in.

01 A quick life check

Score how satisfied you feel in each area right now, from 1 to 10. Go with your first instinct. This isn't about where you should be, just where you are.

Emotional wellbeing: how I handle stress, moods and hard days.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Relationships: family, friends, partner, feeling close to people.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Health and body: sleep, movement, energy, looking after myself.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Mind and learning: curiosity, new skills, reading, learning new things.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Work and money: how my work and finances feel day to day.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Values and meaning: living in a way that feels true to me.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

The one or two areas that most want my attention, and why:

02 What matters most to me

Pick three values that feel most like you. If you're stuck, some common ones are kindness, honesty, family, friendship, learning, health, courage, creativity, freedom, security, fairness and fun.

My three values right now:

1.

2.

3.

Where in my life do I feel furthest from one of these at the moment?

03 My growth goals

Choose one to three. Write each as something you do, not something you are: 'pause before I reply when I'm annoyed', not 'be calmer'. Link it to an area and a value above.

Growth goal Something I can do	Area and value Where it fits	Why it matters to me In my own words

04 First steps and when I'll take them

For each goal, pick a first step so small it would be odd not to do it. Then tie it to a moment you'll really meet: 'When [this happens], I will [the step].'

Goal A word or two	My first small step	If-then plan When ..., I will ...

05 What might get in the way

Be honest about the thing most likely to stop you: tiredness, a busy week, self-doubt, other people's plans. Then decide now what you'll do when it shows up.

Goal A word or two	What might get in the way	My plan for it If ..., then I'll ...

Who or what could help me keep going (a person, a reminder, a place):

06 Monthly check-in

Once a month, come back here for ten minutes. Monthly isn't magic, it's just a pace most people can keep. Look at each goal kindly: missing days is normal, and a smaller step is often the fix.

Goal	What went well	What got in the way	What I'll change

How kindly have I treated myself about my progress this month?

1 2 3 4 5 6 7 8 9 10

Very harshly — Very kindly

My next check-in date:

07 Is this plan still mine?

Run through these at each check-in. If a goal fails most of them, it's fine to change it or let it go.

- [ ] Each goal connects to something I genuinely care about.
- [ ] I'd still want these goals if nobody else knew about them.
- [ ] The first steps are small enough that I actually take them.
- [ ] My plan leaves room for rest, sleep and the people I love.
- [ ] I'm working on three goals or fewer.
- [ ] I'm being as kind to myself about this as I'd be to a friend.

When you're done, a moment to reflect

- If this time next year one thing about how you live had changed, what would you most want it to be?
- Which of your goals came from you, and which came from what you think you're supposed to want?
- What has helped you keep going with a change before, and could you use it again?
- What would a gentle version of this plan look like on a hard week?

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My Monthly Habit Tracker

Choose a few small habits, tie each to a cue, tick the days for four weeks, and look back kindly at the end of the month.

01 Choose one to three habits

Fewer is better. Each new habit needs its own repetitions, so pick the one or two that would make the most difference, and leave the rest for another month.

The habits I'll build this month:

1. _____

2. _____

3. _____

Why these matter to me, in my own words:

_____

_____

Check each habit before you start:

- [ ] It's an action I can do, not a result (walk after dinner, not lose weight).
- [ ] It's small enough to do on a tired, busy day.
- [ ] It can happen at roughly the same time or place each day.
- [ ] It's something I want, not something I think I should want.

02 The cue and the tiny version

Tie each habit to something you already do every day, and write the smallest version that still counts. 'After I pour my coffee, I'll write one line' is a plan. 'Journal more' is a wish.

Habit	After I... Something I already do daily	I will... The tiny version	Where And what I'll set out to make it easy

03 This month's tracker

Write each habit in the first column. In each week, mark the days you did it (M T W T F S S). A tick for the tiny version counts the same as a big day. Blank days are just information.

Habit	Week 1 M T W T F S S	Week 2 M T W T F S S	Week 3 M T W T F S S	Week 4 M T W T F S S

Any extra days at the end of the month:

04 A kind rule for missed days

You will miss days. That's normal. Decide now what you'll do when it happens, so a missed day doesn't turn into a missed month.

My rule, ticking any that fit:

- [ ] I'll start again at the very next cue, with no catching up.
- [ ] After a miss, I'll do only the tiny version next time.
- [ ] I won't call a missed day a failure, in my head or on this page.
- [ ] If I miss several days, I'll make the habit smaller, not give up.

What I'll say to myself when I miss a day:

_____

_____

05 Monthly review

At the end of the month, look back with curiosity, not judgement. The point is to learn what works for you, not to grade yourself.

What helped? (times, places, people, what I set out)

What got in the way?

Habit	Next month I'll... Keep, shrink, change the cue, or drop

One thing I'm glad I did this month:

When you're done, a moment to reflect

- Which habit started to feel more automatic this month, and what was its cue?
- On the days you didn't do a habit, what was going on?
- Was any habit too big? What's a smaller version that would still count?
- Who or what made the habit easier this month?
- If you dropped a habit, was it the wrong habit or the wrong time?

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My Procrastination Worksheet

Seven short steps to get one task you keep putting off moving, starting with a first step that takes two minutes or less.

01 The task I'm avoiding

Name it plainly, the way you'd describe it to a friend. One task, not a whole project list.

The task I keep putting off:

How long I've been putting it off, and what's happened as a result:

Why it matters to me (in my own words, not someone else's):

How much do I dread this task right now?

1 2 3 4 5 6 7 8 9 10

Not much — A lot

02 What feeling am I avoiding?

Picture yourself sitting down to start. What's the first feeling that shows up? Tick any that fit. There's often more than one.

- [ ] Boredom: it's dull, and anything else feels more appealing.
- [ ] Overwhelm: it's too big, and I can't see the whole of it.
- [ ] Fear of doing it badly: it has to be good, so I don't start.
- [ ] Fear of being judged: someone will see it, and might not like it.
- [ ] Resentment: I don't think I should have to do this.
- [ ] Not knowing where to start: I'm unclear on the first move.
- [ ] Tiredness or low energy: I don't feel I have anything left for it.

What do I tell myself when I put it off? (the exact words)

03 The tiniest first step

Break the task into a few smaller pieces. Then make the first piece so small it takes two minutes or less, such as opening the file, finding the form or writing one sentence.

The task in smaller pieces:

1. _____
2. _____
3. _____
4. _____
5. _____

My two-minute first step:

_____

_____

04 My if-then plan

Decide exactly when and where you'll take the first step, by linking it to something that already happens in your day. Add a backup for when the first plan doesn't happen.

If...	Then I will...
A time, place or moment, e.g. 'it's 9am and I've made coffee'	My two-minute step, said exactly

05 Make it easier to start

Small changes to your surroundings can matter more than willpower. Take one thing away that pulls you off course, and add one thing that helps you begin.

One friction I'll remove (e.g. phone in another room, extra tabs closed):

One helper I'll add (e.g. a 10-minute timer, working beside someone, things laid out the night before):

06 A kind reply for when I slip

Some days the plan won't happen. Decide now what you'll say to yourself when it doesn't. Kind and honest, not harsh. Then set the next start.

What I usually say to myself when I've put something off again:

What I'll say instead (what I'd say to a friend in the same spot):

How I'll restart (the next time and place I'll try):

07 My 7-day log

Each day, note whether you took a step, how you felt before and after, and what helped or got in the way. A day with no step still counts if you write down why.

Day Date or day of the week	What I did Even two minutes counts	Feeling before / after A word or two each	What helped or got in the way Notes for next time

When you're done, a moment to reflect

- What do I tend to put off most, and what feeling do those tasks have in common?
- When I finally started something I'd been avoiding, was it as bad as I expected?
- What would change if I treated a slip as information rather than proof I'm useless?
- Whose voice do I hear when I tell myself off for procrastinating?
- What's one task I could stop doing altogether, instead of carrying the guilt of putting it off?

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My Self-Sabotage Worksheet

Seven short steps to understand one way you get in your own way, and to try something different next time.

01 Signs of self-sabotage: which sound like me?

Tick any that you recognise, even if only sometimes. Recognising a few is normal. Add your own if yours isn't here.

- [ ] Putting things off until it's too late to do them well
- [ ] Starting arguments or pulling away just as I get close to someone
- [ ] Perfectionism that stops me finishing or handing things in
- [ ] Quitting just before the finish line
- [ ] Talking myself down before I've even tried
- [ ] Numbing out (scrolling, drinking, eating, bingeing shows) instead of doing the thing
- [ ] Not preparing properly, so I have an excuse if it goes badly
- [ ] Saying yes to so much that my own goals never get a turn

Any others I notice in myself:

02 Pick one pattern

Choose the one that costs you most right now, or the one you're most ready to look at. Name it plainly.

The pattern I'm going to look at:

A recent time it happened. What was going on, and what did I want?

How much is this pattern getting in my way at the moment?

1 2 3 4 5 6 7 8 9 10

A little A lot

03 What it protects me from, and what it costs

Take two or three times this happened. For each, note what you did, what it saved you from feeling or facing in the moment, and what it cost you afterwards. Both columns are real.

The situation Where, when, who	What I did The sabotaging move	What it protected me from The feeling or risk I avoided	What it cost me Later, or over time

04 The belief underneath

Patterns like this often rest on an old belief about yourself, other people or what happens if you really try. Tick any that ring true, then put yours in your own words.

- [ ] If I try my hardest and fail, it proves I'm not good enough.
- [ ] If I succeed, more will be expected and I won't keep it up.
- [ ] People leave once they really get to know me.
- [ ] It has to be perfect or it isn't worth doing.
- [ ] Good things don't last for people like me.
- [ ] Wanting things openly is risky or selfish.

In my own words, the belief this pattern protects:

Where might I have learned it? And is it as true now as it felt then?

05 My if-then plan for next time

Pick the moment the pattern usually starts, and decide now what you'll do instead. Keep the 'then' small enough to do on a bad day.

If...
The moment or feeling that sets it off

Then I will...
One small, specific action

What I'll say to myself in that moment (kind, not harsh):

06 A small experiment

Choose one low-stakes chance this week to do the opposite of the pattern, then see what actually happens. Treat it as a test, not a pass or fail.

My experiment (what, when, where):

What I predict will happen if I don't protect myself this time:

How strongly do I believe that prediction right now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

07 Review: what happened?

Come back after your experiment. Whatever happened, you've learned something about the pattern.

What actually happened? Was it what I predicted?

How strongly do I believe the prediction now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

One thing I'll keep doing, or change, next time:

When you're done, a moment to reflect

- When did this pattern first show up in my life, and what was it helping me cope with then?
- What would I have to feel or face if I stopped doing it?
- If a friend did exactly this, what would I understand about them that I'm not giving myself?
- What's one goal I've quietly stopped going for, and what made me stop?
- What would it look like to be on my own side next time, rather than in my own way?

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My Growth Mindset Worksheet

Six steps to turn 'I'm not good at this' into a plan you can actually try, ending with a weekly check-in to keep it going.

01 Spot your fixed-mindset triggers

Dweck suggests watching for four moments: facing a challenge, hitting a setback, getting criticism, and meeting someone who's better than you at something you care about. Think of recent times one of these happened.

Which of these tend to set off my fixed-mindset voice?

- [ ] Trying something new or hard (a new role, a skill, a course)
- [ ] A setback or mistake (a bad result, a rejection, a slip)
- [ ] Criticism or feedback, even when it's fair
- [ ] Someone who's better than me at something I care about
- [ ] Being watched or compared (at work, online, in a group)
- [ ] Something I 'should' already know at my age

The situation What was happening	What I told myself The exact words in my head	What I did next Gave up, avoided, got defensive, kept going

02 Rewrite it as a learning statement

Take each thought from step 1 and answer it with something that's true and points to a next step. You're not pretending it's easy. You're swapping a verdict for a plan.

Fixed-mindset thought	Learning statement
e.g. 'I'm hopeless at presentations'	e.g. 'I haven't practised presenting much. I can rehearse and ask for one tip.'

How believable does my learning statement feel right now?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

If it doesn't feel believable, what would make it a little more honest?

03 A skill I'd like to grow

Dweck stresses that a growth mindset isn't just effort. It's also trying new strategies and asking others for input when you're stuck. Plan all three.

The skill or ability I'd like to grow:

Where I am with it now, said plainly (no judging):

Practice
What I'll do, when and for how long

Strategy
A different way of trying I haven't used

Input
Who or what could help me (a person, a class, a book)

How I'll know I'm making progress (something I can notice, not a feeling):

04 Setback review

Pick one recent setback. Look at it the way a coach would look at a match: what happened, what it teaches you, and what you'll do differently.

What happened

Just the facts

What I learned

About the task, my approach, or what I need

Next try

One thing I'll do differently

What would I say to a friend who'd had this same setback?

05 The power of 'yet'

Dweck popularised the idea of 'not yet': you haven't failed at something, you just haven't got there yet. Finish each line with the word 'yet', then add one small step.

I can't ... yet	One small step towards it
e.g. 'I can't hold a conversation in Spanish yet'	e.g. 'Ten minutes of the app after dinner'

06 Weekly reflection

Once a week, take five minutes to look back. Keep it to a few honest lines. The aim is to notice patterns, not to grade yourself.

Something I found hard this week, and how I responded:

A time my fixed-mindset voice showed up, and what I said back:

One thing I practised or tried differently:

What I'll try next week:

When you're done, a moment to reflect

- Which area of your life do you most often decide you're 'just not' good at? Where did that idea come from?
- Think of something you can do well now that you couldn't once. How did you actually get there?
- How do you usually react to criticism? What would being curious about it look like instead?
- Whose success makes you feel threatened rather than inspired? What could you learn from them?
- Where might you be telling yourself to 'just try harder' when what you need is a new strategy or some help?

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