

1% More Aligned With Your Vision

Worksheet

1. Define Your Vision: What is your long-term vision for yourself?
Write a few sentences about the life you want to live and the person you want to become.

2. Identify key areas for improvement: Circle the areas where you want to make small daily improvements.

Physical health	Education	-----
Mental well-being	Emotional health	-----
Career or skills	-----	-----
Relationships	-----	-----
Finances	-----	-----
Personal growth	-----	-----

3. What is one area you want to improve by 1% today?

4. Define today's 1% improvement

5. Track Your Progress. Write down what your efforts were spent on today.
You can choose to repeat the same action daily with a 1% increase in effort or choose different areas to focus on and different types of efforts.

6. Celebrate small wins. Celebrate showing up every day. Celebrate trying.

My Self-encouragement message:

