



**TREASURABLE LIFE**  
TRUTH. HEALING. ENCOURAGEMENT.

*Worksheet*

THIS IS YOUR TIME.  
BE HONEST. BE GENTLE. BE REAL.

# THE TRUTH ABOUT *Growth*

**NOBODY WANTS TO TALK ABOUT**

OLD LIFE

NEW LIFE

Growth is beautiful, but it's also uncomfortable. This worksheet will help you reflect on your journey, release what no longer serves you, and step into the person you are becoming. ♥



## 1. REFLECTION: WHERE AM I NOW?

What season of life are you currently in?

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What emotions have been showing up the most?

- Overwhelmed     Exhausted     Hopeful  
 Anxious         Healing         Unsure  
 Other: \_\_\_\_\_

What has life been teaching you lately?

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## 2. THE TRUTH: WHAT NOBODY TALKS ABOUT

What has been the hardest part about your growth?

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What truth about growth have you experienced that others don't talk about?

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## 3. WHAT I'M READY TO LET GO OF

List the old habits, mindsets, relationships, or versions of yourself you are ready to release.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### AFFIRMATION

*I release what no longer aligns with me  
so I can grow into who I'm meant to be.*



## 4. WHAT I'M CHOOSING INSTEAD

What new habits, boundaries, beliefs, or actions are you choosing to build?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## 5. THE PERSON I AM BECOMING

Describe the person you are becoming. What does your future self look like?

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How will your future self think, speak, and move differently?

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## 6. COMMITMENT TO MY GROWTH

What is one action you can take this week that will move you closer to your next level?

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Date: \_\_\_\_\_

*I choose me. I choose growth.*



Signature: \_\_\_\_\_

“ GROWTH HURTS BECAUSE YOU'RE GRIEVING WHO YOU HAD TO BECOME JUST TO SURVIVE. ”

*You are enough.  
Keep going anyway.*



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One World. One People.  
Many Stories. One Purpose.