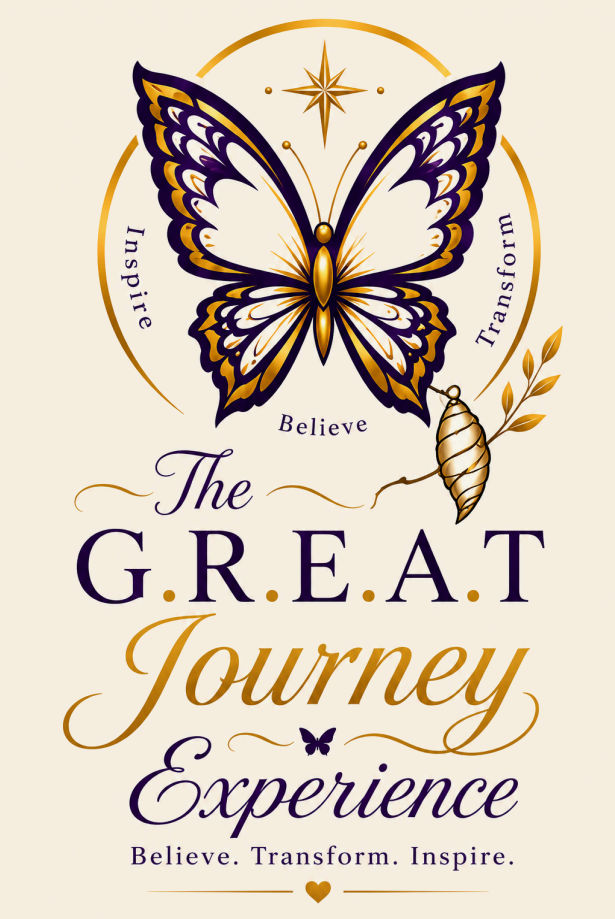
The

THE PERSONAL GREATNESS JOURNEY™

Personal Workbook

GROW • RISE • EMPOWER • ALIGN • THRIVE



Know Yourself. Rise Through Difficulty. Live on Purpose.

Inspire Greatness™

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Welcome

THIS JOURNEY IS YOURS.

The Personal Greatness Journey™ is a guided path of reflection and growth using the G.R.E.A.T. Method™. It is not about becoming someone else — it is about becoming more fully yourself.

Over five sections you will look honestly at who you are, how you rise through difficulty, how you use your voice, whether your life matches your values, and what you need to truly thrive.

A GENTLE REMINDER: There are no right answers here. Everything you write is for you alone.

How To Use This Workbook

- ✓ Write by hand when you can — slowing down is part of the process.
- ✓ Answer honestly, as you are today.
- ✓ Move at your own pace; one section per week works well.
- ✓ Return to earlier pages — growth is not a straight line.
- ✓ You never have to share what you write.

WHY I AM STARTING THIS JOURNEY

G

GROW



SELF-AWARENESS & A GROWTH MINDSET

> *Who am I becoming — and who do I want to become?*

IN THIS SECTION YOU WILL

- ✓ Name your current strengths honestly.
- ✓ Recognize the beliefs that shape how you see yourself.
- ✓ Choose one area of growth to focus on.

What Is It?

Growth begins with seeing yourself clearly — not as you fear you are, and not as you pretend to be, but as you actually are today.

A growth mindset is the belief that your abilities, habits, and character can develop through effort, reflection, and practice.

KEY IDEAS

SELF-AWARENESS	Noticing your thoughts, feelings, and patterns without judgment.
GROWTH MINDSET	Believing you can become more than you are today.
PERSONAL OWNERSHIP	Taking responsibility for your own growth.

YOUR NOTE

What stands out to you, and why?

Personal Reflection

REFLECT

Three strengths I know I have:

REFLECT

A belief about myself that may be holding me back:

REFLECT

The area of my life I most want to grow in right now:

What Gets In The Way?

- Fear of failure
- Comparison to others
- Old labels from the past
- Staying busy instead of reflecting

BREAKTHROUGH STEPS

NAME IT	Say plainly what is in the way: the belief or habit that keeps you small.
OWN IT	Separate what is yours to change from what is not.
SHRINK IT	Break it into one step small enough to take this week.
SUPPORT IT	Name one person or resource who can help you hold the step.
PRACTICE IT	Repeat the step until it becomes ordinary.
CELEBRATE IT	Notice progress out loud, however small.

MY BREAKTHROUGH

Which barrier will I work through first, and what is my first small step?

Living My Breakthrough Steps

NAME IT

NAME IT

What exactly is in my way? I will write it in one plain sentence.

NAME IT

How will I recognize it when it shows up in my day?

OWN IT

OWN IT

What part of this is mine to change?

OWN IT

What part is not mine, and how will I let it go?

SHRINK IT

SHRINK IT

What is the one small step I can take this week?

Living My Breakthrough Steps, continued

SUPPORT IT

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Who or what will help me hold this step?

SUPPORT IT

How and when will I ask for that support?

PRACTICE IT

PRACTICE IT

How often will I repeat this step, and what will remind me?

PRACTICE IT

What will I do if I miss a day?

CELEBRATE IT

How Do I Live It?

- → Write one honest sentence about yourself each morning.
- → Replace "I can't" with "I can't yet."
- → Ask one trusted person what they see as your strength.

MY COMMITMENT THIS WEEK

TALKING POINT

I am allowed to grow at my own pace.

R

RISE



RESILIENCE & COURAGE

> *How do I respond when life gets hard?*

IN THIS SECTION YOU WILL

- ✓ Reflect on a challenge you have already overcome.
- ✓ Identify your current response patterns under stress.
- ✓ Build a personal plan for rising after setbacks.

What Is It?

To rise is to keep moving forward after disappointment, loss, or failure. Resilience is not the absence of difficulty — it is the ability to recover and continue.

Every person carries evidence of having risen before. This section helps you find that evidence and use it.

KEY IDEAS

RESILIENCE	The capacity to recover and adapt after hardship.
COURAGE	Acting on what matters even when you feel afraid.
REFRAMING	Choosing a more useful way to see a difficult situation.

YOUR NOTE

What stands out to you, and why?

Personal Reflection

REFLECT

A hard season I have already come through:

REFLECT

What helped me rise then:

REFLECT

How I usually respond when I feel overwhelmed:

What Gets In The Way?

- Self-blame
- Isolation
- Perfectionism
- Giving up too early

BREAKTHROUGH STEPS

NAME IT	Say plainly what is in the way: the moment you most often stop trying.
OWN IT	Separate what is yours to change from what is not.
SHRINK IT	Break it into one step small enough to take this week.
SUPPORT IT	Name one person or resource who can help you hold the step.
PRACTICE IT	Repeat the step until it becomes ordinary.
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Living My Breakthrough Steps, continued

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CELEBRATE IT

How Do I Live It?

- → When you fall short, name one lesson before naming one fault.
- → Keep a short list of times you have risen before.
- → Reach out instead of withdrawing when things are hard.

MY COMMITMENT THIS WEEK

TALKING POINT

I have risen before, and I can rise again.

E

EMPOWER



VOICE, CONFIDENCE & CHOICE

> *Where am I giving away my power — and how do I take it back?*

IN THIS SECTION YOU WILL

- ✓ Recognize the places where you hold back your voice.
- ✓ Strengthen confidence in your own decisions.
- ✓ Set one healthy boundary.

What Is It?

Empowerment is the recognition that you have a voice, choices, and the right to direct your own life.

Confidence grows each time you act on your own values, speak honestly, and keep promises to yourself.

KEY IDEAS

VOICE	Expressing your thoughts and needs honestly and respectfully.
BOUNDARIES	Clear limits that protect your time, energy, and wellbeing.
SELF-TRUST	Believing in your own ability to decide well.

YOUR NOTE

What stands out to you, and why?

Personal Reflection

REFLECT

A situation where I stay quiet when I want to speak:

REFLECT

A boundary I need to set or strengthen:

REFLECT

A promise to myself I want to keep this month:

What Gets In The Way?

- People-pleasing
- Waiting for permission
- Fear of conflict
- Doubting my own judgment

BREAKTHROUGH STEPS

NAME IT	Say plainly what is in the way: the place where you most often give your power away.
OWN IT	Separate what is yours to change from what is not.
SHRINK IT	Break it into one step small enough to take this week.
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CELEBRATE IT

How Do I Live It?

- → Say one honest "no" this week without over-explaining.
- → Make one small decision without asking for approval.
- → Speak one idea out loud that you would normally keep to yourself.

MY COMMITMENT THIS WEEK

TALKING POINT

My voice matters, and my choices are mine.

A

ALIGN



VALUES, PURPOSE & DIRECTION

> *Does the way I live match what I say matters most?*

IN THIS SECTION YOU WILL

- ✓ Clarify your top personal values.
- ✓ Compare how you spend your time with what you value.
- ✓ Write a personal purpose statement.

What Is It?

Alignment is when your daily choices, relationships, and goals point in the same direction as your values.

When life feels scattered or draining, it is often a sign that what we do and what we value have drifted apart.

KEY IDEAS

VALUES	The principles that matter most to you.
PURPOSE	The reason behind how you choose to live.
INTEGRITY	Living in a way that matches what you believe.

YOUR NOTE

What stands out to you, and why?

Personal Reflection

REFLECT

My top five values:

REFLECT

Where my time and my values do not match right now:

REFLECT

My personal purpose statement (draft):

What Gets In The Way?

- Living by others' expectations
- Overcommitment
- Unclear priorities
- Habits that no longer fit

BREAKTHROUGH STEPS

NAME IT	Say plainly what is in the way: the biggest gap between your values and your days.
OWN IT	Separate what is yours to change from what is not.
SHRINK IT	Break it into one step small enough to take this week.
SUPPORT IT	Name one person or resource who can help you hold the step.
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CELEBRATE IT

How Do I Live It?

- → Review your calendar weekly against your top values.
- → Remove or reduce one commitment that does not fit.
- → Read your purpose statement before big decisions.

MY COMMITMENT THIS WEEK

TALKING POINT

I choose a life that reflects what I value.

T

THRIVE



WELLBEING, HABITS & SUSTAINABLE GROWTH

> *What do I need to flourish — not just survive?*

IN THIS SECTION YOU WILL

- ✓ Assess your wellbeing across key areas of life.
- ✓ Design habits that support who you are becoming.
- ✓ Commit to a sustainable personal growth plan.

What Is It?

To thrive is to grow in a way you can sustain — caring for your body, mind, relationships, and spirit along the way.

Thriving is built through small, consistent habits more than through big, occasional efforts.

KEY IDEAS

WELLBEING	Caring for your physical, emotional, and relational health.
HABITS	Small actions repeated until they shape your life.
SUSTAINABILITY	Growth you can keep going over time.

YOUR NOTE

What stands out to you, and why?

Personal Reflection

REFLECT

One area of my life that feels depleted:

REFLECT

One habit that would help me thrive:

REFLECT

What thriving would look like for me a year from now:

What Gets In The Way?

- Burnout
- Inconsistency
- Neglecting rest
- All-or-nothing thinking

BREAKTHROUGH STEPS

NAME IT	Say plainly what is in the way: the habit or pattern that keeps draining you.
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CELEBRATE IT

How Do I Live It?

- → Choose one habit and attach it to something you already do daily.
- → Schedule rest as seriously as work.
- → Celebrate progress every Sunday in one written sentence.

MY COMMITMENT THIS WEEK

TALKING POINT

I deserve a life where I can flourish.

Personal Reflection Check-In

Rate each area from 1 (just beginning) to 5 (strong and steady). This is for reflection, not judgment.

G — GROW	Self-Awareness & a Growth Mindset 1 2 3 4 5
R — RISE	Resilience & Courage 1 2 3 4 5
E — EMPOWER	Voice, Confidence & Choice 1 2 3 4 5
A — ALIGN	Values, Purpose & Direction 1 2 3 4 5
T — THRIVE	Wellbeing, Habits & Sustainable Growth 1 2 3 4 5

MY STRONGEST AREA AND MY GROWTH AREA

My Personal Action Plan

THE AREA I WILL FOCUS ON

MY GOAL

MY FIRST THREE STEPS

WHO WILL SUPPORT ME

HOW I WILL KNOW I AM GROWING

30-Day Growth Tracker

Each day, write one word or short line about the step you took.

WEEK 1

WEEK 2

WEEK 3

WEEK 4



A Letter to My Future Self

Write to the person you will be one year from now. What do you hope they have become?

DEAR FUTURE ME,

Keep Going

> *Greatness is not a destination. It is a way of walking.*

Return to these pages often. Every time you do, you will find someone a little more grown, a little more courageous, and a little more aligned with who you were created to be.

Inspire Greatness™