COMPANION WORKSHEET

7 Days. One Useful Change.

Choose one clear outcome and take one manageable step each day.

1 2 3 4 5 6 7

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COMPANION WORKSHEET | DAYS 1-4

Start with one goal. Write a few lines each day and pick up where you left off.

Watch the 7-day walkthrough **Week starting** _____

DAY 1 Choose a clear outcome

Pick one specific result you can influence and recognize by the end of the week.

This week would feel better if I... _____

I'll know I made progress when... _____

DAY 2 Assess your starting point

Take stock of your time, commitments, and skills. Separate facts from open questions.

Time I can use and commitments to work around _____

A skill or resource I already have _____

One question I still need to answer _____

DAY 3 Choose one workable step

Break your goal into one task you can finish in the time you have. Make it smaller if needed.

The action I can finish _____

When and where I will do it _____

DAY 4 Put one idea into practice

Use one resource, try one idea, and make a small example you can see or share.

One resource or idea I will use _____

The small example I will make _____

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COMPANION WORKSHEET | DAYS 5-7

Use what you learned in the first four days to make this change easier to keep.

DAY 5 Remove one obstacle

Name the specific thing making your action harder, then make one adjustment.

What is getting in my way? _____

One change that would make it easier to begin _____

DAY 6 Make room for balance

Plan a break, a conversation, or an enjoyable activity that fits your time and budget.

What I will make time for _____

When I will do it _____

DAY 7 Review your progress

Look back at what you tried and decide what to carry into next week.

What changed? _____

What helped? _____

What will I do next? _____

Continue your personal growth

Explore the full workbook for more practice with habits, skills, and planning.

Get the Personal Growth Workbook