



Sustainable Growth Worksheet

Balancing Success & Wellbeing

Purpose: This worksheet is designed for entrepreneurs and high-achievers managing multiple responsibilities. Use it to create a roadmap for **long-term growth** while maintaining your *physical, mental, and emotional wellbeing* — so you can thrive without burning out.

1. Self-Assessment: Your Current Balance

Instructions: Rate each area of your life from **1 (needs work)** to **10 (thriving)**. Be honest with yourself. This is for your eyes only.

Area	Rating (1–10)	Notes / Observations
Spiritual Health		
Mental Health		
Emotional Wellbeing		
Physical Health		
Professional Wellbeing		
Financial Wellbeing		
Relationships		
Fun/ Freedom		

Reflection Questions:

- Where am I thriving?
- Where am I stretched too thin?
- Which areas are most in need of attention this week?



2. Priority Mapping: What Truly Matters

Top 3 Professional Goals:

1. _____
2. _____
3. _____

Top 3 Personal Goals:

1. _____
2. _____
3. _____

Reflection Prompt:

- Which daily or weekly activities actually move me closer to these goals?
 - Are there tasks I'm doing that don't serve my priorities?
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3. Energy Audit: Tracking Your Time & Energy

Instructions: For the next **3 days**, track your energy and activities in your personal journal. Note tasks, meetings, digital consumption, and then take notice of how your energy level increases or decreases before, during, and after that activity (1–10).

Reflection Questions:

- Which activities drain me the most?
 - Which activities energize me?
 - What adjustments can I make to protect my energy?
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4. Growth + Wellbeing Integration

Instructions: Identify **3 habits** that support both personal growth and wellbeing. These should be small, consistent actions.

1. _____
2. _____
3. _____

***Examples:** Morning planning + mindfulness, walking meetings, scheduled breaks, weekly reflection time.*

Motivational Cue: "Consistency over intensity keeps your growth sustainable."

5. Boundaries Blueprint

Instructions: Write **3 boundaries** to protect your energy and focus this week.

1. _____
2. _____
3. _____

Prompts:

- When will I stop checking email or messages?
- How do I say no without guilt?
- What personal time must I protect?

Reflection Prompt:

- How will these boundaries impact my growth and wellbeing?



6. Accountability & Reflection

Weekly Reflection Prompts:

- Did my habits support growth **and** wellbeing this week?
- What tasks or commitments drained my energy unnecessarily?
- What adjustments will I make for next week?

Motivational Cue: *"Small course corrections lead to long-term success."*

7. Action Plan: Small Wins for Sustainable Success

Instructions: Choose **3 realistic actions** for this week that honor your priorities **and** your wellbeing.

1. _____
2. _____
3. _____

Reflection Questions:

- Which action will have the **biggest positive impact**?
- How can I make this action automatic in my routine?

Closing Affirmation:

"I grow stronger, wiser, and more balanced every day. Success and wellbeing coexist within me."