

JOURNEY to SELF-MASTERY . . . Chart Your Progress

YOUR SKILLS & TENDENCIES	DATE #1 _____	DATE #2 _____	DATE #3 _____	DATE #4 _____	Change from Date 1
Intentions and Self-Awareness					
Procrastination					
Complex Projects					
Creating Habits					
Writing					
ORGANIZATION					
Physical stuff, papers, clutter					
Losing or misplacing					
Digital information					
MANAGING FOCUS					
Focus					
Distraction					
Hyper-focus					

YOUR SKILLS & TENDENCIES	DATE #1 _____	DATE #2 _____	DATE #3 _____	DATE #4 _____	Change from Date 1
TIME MANAGEMENT					
Time Sense					
Efficiency					
Being on Time					
LONG TERM GOALS					
Setting SMART Goals					
Goal Achievement					
PLANNING					
Timetables					
Planning Tools					
Staying on Track					
Delegating					
Reporting Status					

YOUR SKILLS & TENDENCIES	DATE #1	DATE #2	DATE #3	DATE #4	Change from Date 1
FOLLOW THROUGH					
Vision					
Reality Check					
Taking Action					
Project Completion					
MIND MANAGEMENT					
Overwhelm					
Ambiguity					
Decision-Making					
Perfectionism					
Toxic Shame					
Mindset					
TOTAL SCORE					