

Your Name _____

Today's Date: _____



Throughout our lives, we often set milestones for ourselves to achieve in various areas. But why not apply this approach to our inner lives as well? In this exercise, we'll explore the practice of creating personal *inner* milestones to help you achieve growth and progress. Fill in the blanks below.

Starter Words (or choose your own)

Courage • Wisdom • Grace • Strength • Peace • Hope •
Love • New Perspective • Gratitude • Growth • Creativity...

"When I look back over the past 5 years..."

I'm proud of the ways I have grown in _____

Amidst all that was unknown, I'm grateful I was able to cultivate _____

Even if others are not able to see it, an accomplishment for me looks like

this: _____

Even without knowing all that lies ahead, I know that it will matter if I

continue to _____.

When I start to feel that I am not making progress, I will remember this:
