

WorkLife Harmony™

GROW Form

Section I | Personal Vision Statement

Reflect on your ultimate vision for personal growth, wellness, leadership, or business success. How does it align with your values? What impact do you wish to have on yourself, your team, career, or your business?

"The best way to predict the future is to create it." – Peter Drucker



Section II | Personal Information

Name: _____

Title | Role: _____

Company: _____

Date: _____



Section III | GROW Table



Goal

Write primary goals related to personal wellness, DEIBJ, leadership, or business success.

Realized Opportunities

List potential opportunities or resources to help achieve each goal.

Overcome Obstacles

Identify possible challenges and propose strategies to overcome them.

Wellness Strategies

Outline specific self-care steps or wellness activities to support each goal.

"Growth is never by mere chance; it is the result of forces working together." – James Cash Penney

Section IV | Weekly Reflection & Continuous Improvement

Use this form regularly to capture goals, track progress, and adjust your strategies. Remember, growth is a continuous journey, not a one-time event.

Weekly Reflection Prompt	Notes
What progress have you made towards your goals?	
What opportunities helped you move forward?	
What obstacles did you encounter, and how did you address them?	
What wellness strategies worked well, and what adjustments are needed?	
What have you learned from this process so far?	
How will you continue to foster personal growth, wellness, and inclusion?	



"Wellness is not a destination, but a lifelong journey of balance, care, and self-discovery."
- Anonymous

Section V | Next Steps

Action Plan	Completion Timeline	Accountability Partner
<i>Summarize the next key steps you'll take to achieve your goals.</i>	<i>Set realistic timelines for each step.</i>	<i>Choose someone to help keep you accountable.</i>

"Small steps in the right direction can turn out to be the biggest step of your life." - Naeem Callaway