



NAME

DATE

MY 2020 DECLARATION OF GROWTH

A Life-Changing Situation

DESCRIBING A SHIFT IN PERSEPECTIVE

Write about a situation that affected your outlook in life. Include persons, places, and lessons. How did you grow from this experience? What are you proud of? What did you learn? How have you changed since then?

DESCRIBING A SHIFT IN PERSEPECTIVE

Write out your own mantra or positive affirmation script that inspires you to stay committed to your growth. Put it someplace you can see it when you need it.

