



GROWTH

ACHIEVE SUCCESS THROUGH SMALL,
CONSISTENT STEPS WORKSHEET
WORKBOOK

INTRODUCTION

Success is built through small, consistent actions taken day after day. This worksheet, inspired by Matt Santi's ebook "**Growth: Achieve Success Through Small, Consistent Steps**," is designed to help you cultivate a growth mindset and develop habits that lead to long-term success. By focusing on incremental progress and maintaining consistency, you'll be amazed at how much you can achieve over time.

1. The Power of Incremental Growth:

On a scale of 1-10, how well do you currently embrace the 1% Solution in your life?

1 2 3 4 5 6 7 8 9 10

2. Long-Term Vision:

Describe your vision of personal and professional growth 3 years from now:

3. Top Three Growth Areas:

4. SMART Growth Goal:

Choose one growth area and create a SMART goal:

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

5. Daily Habits for Success:

List 3 small actions you can take daily towards your growth goal:

1. _____
2. _____
3. _____

6. Cultivating an Incremental Growth Mindset:

Write down three ways you can embrace change and adaptation in your daily life:

- 1. _____
- 2. _____
- 3. _____

7. Breaking Down Big Goals:

Take your SMART goal and break it into 5 smaller, actionable steps:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

8. Nurturing Health and Wellness:

List three ways you can prioritize self-care and well-being in your daily routine:

- 1. _____
- 2. _____
- 3. _____

9. Building Long-Term Success:

Identify a new sustainable habit that will support your growth:

10. Embracing Slow and Steady Progress:

How will you practice patience and persistence in your growth journey?

11. Celebrating Small Wins:

How will you acknowledge and celebrate your daily progress?

12. Daily Reflection:

At the end of each day, answer these questions:

- a. What small improvement did I make today? _____
- b. How did I embrace change or overcome a challenge? _____
- c. What can I do tomorrow to continue my growth? _____

13. Tomorrow's Growth Plan:

Set 3 specific actions for continued growth tomorrow:

1. _____
2. _____
3. _____

Remember: Success is built through small, consistent steps. Use this worksheet daily to maintain focus, track your progress, and cultivate a growth mindset that will lead to long-term success!

Next Steps...

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