The Personal G.R.O.W.T.H. Journal

by Barry Mangione
Welcome!

The Personal G.R.O.W.T.H. Journal is a system I use every day to help me perform at my best and stay centered and focused on what’s important to me.

I believe we owe it to ourselves to keep growing, learning, and improving throughout life, regardless of our age or personal circumstances. I also believe that real self-help or self-improvement isn’t possible without self-awareness, and that keeping a daily journal is a valuable way to improve our individual self-awareness.

When I first began journaling, I didn’t have a system. I just wrote down whatever thoughts came to me. I found this method to be inconsistent. Some days I felt great after journaling. Other days I didn’t feel like I accomplished much. Occasionally I would have a life-changing epiphany, but most of the time I was simply getting my thoughts out of my head and onto the page. It was therapeutic, but it didn’t really create any powerful or long-lasting changes in me or in my life.

I wanted to create a system that I could use every day, not just to get my thoughts out of my head, but also to help me direct those thoughts toward personal growth and positive change. So I assimilated all that I’d learned from my own experiences overcoming depression, divorce, bankruptcy, and alcoholism, combined it with what I’d learned from various authors, podcasters, entrepreneurs, self-help gurus, and motivational experts, and I created The Personal G.R.O.W.T.H. Journal.

I now use this journal every day. It works for me, and I’m certain it can work for you. The G.R.O.W.T.H. in Personal G.R.O.W.T.H. stands for the six areas covered in every journal entry:

- Gratitudes
- Requests
- Offerings
- Wealth
- Thoughts
- Habits

I’ve found that focusing my attention and intention on each of these areas every day has helped me maintain a healthy balance of both inspiration and grounding. This balance has been instrumental to my success.
Some ideas about how to get the most out of
The Personal G.R.O.W.T.H. Journal:

• Write as much or as little as you like. Some days, I fill the entire page. Other
days, I write only one or two sentences for each section. Both ways can be
powerful if done with intention. Let it come naturally. Don’t try to artificially
lengthen or shorten your entries in order to make them what they “should” be.

• Don’t feel like you have to give each section equal attention every day. Some
days you may feel more grateful than others, so you may want to write a lot in
“Gratitudes.” Other days, you may feel like you need help from the universe,
from others, or from a higher power, so you may write a lot in “Requests.” Do
whatever works best for you. Unless every day of your life is exactly the same,
your journal entries shouldn’t be exactly the same every day.

• Use visualization to create the life you want. For example, under “Gratitudes,”
you can either write something that you’re thankful for now, or you can try
visualizing something you hope to have in the future and write that you’re
thankful for already having it. “Acting as if” is a powerful tool you can use in any
of the sections of the Personal G.R.O.W.T.H. Journal to visualize your goals and
your dreams.

• Use the words “today” and “I am” as much as possible in your writing. Using the
word “today” to start your sentences helps you be present in the moment, and
using “I am” in your sentences empowers you to take action in your life.

• You can either print and copy the blank sample page I’m including at the end
of this eBook, or you can use a blank notebook or blank loose leaf paper and
write the sections for each journal entry yourself.

• I find it’s best to write my journal entries in the morning, before I start my day. It
helps clear my head and get me focused on where I am, where I’m going, what
I’m doing, and what I want to achieve.

Let’s look at each of the sections in order:
**Gratitudes:**

It all begins with gratitude. I begin every journal entry by listing all that I’m grateful for in the moment. This creates a mindset of abundance and shifts my focus from what I don’t have to all that I do have. “Gratitudes” is one of the sections where I really enjoy playing with present and future tense using visualization. I write that I’m grateful for things I already have. I also write that I’m grateful for things that I don’t have yet, using the law of attraction to bring those things into my life.

Sample entries for “Gratitudes”:

I am thankful for my talents and my experiences.
I am thankful for my family and friends.
I am thankful for the beautiful weather today.

Sample entries for “Gratitudes” using “Today”:

Today I am thankful for my health.
Today I am thankful for living in my dream home.
Today I am thankful for having my dream job.

You don’t have to actually have your dream job, your dream spouse, or your dream home yet to be thankful for them, as long as you’re taking steps toward manifesting them in your life. This is a great section to use your imagination and “act as if” you already have the things you’re dreaming of and working toward.

It’s also important to be truly thankful for the things you DO have. This allows you to stay grounded in the present while being simultaneously inspired to make your future dreams a reality.
Requests:

After I've written my gratitudes, I make my requests. Think of these as wishes or prayers (a prayer is basically a request for help from a higher power). I personally went a long time in my life without asking for help, and I wound up suffering through most of that time trying to do everything myself. This is one reason why I believe asking for help is one of the bravest things anyone can do.

Starting with gratitude reminds you of what you already have. Making requests to a higher power or to your higher “self” makes you aware that there’s always room for improvement in your life.

Sample entries for “Requests“:

I ask for wisdom to see opportunities as they arise.
I ask for patience to deal with difficult people in my life.
I ask for the strength to deal with adversity.

Sample entries for “Requests” using “Today“:

Today I ask for courage to seize opportunities as they present themselves.
Today I ask for peace and healing for people in my life who are hurting.
Today I ask for safe travels wherever I go.

When you make a request, you’re setting an intention and calling forth the law of attraction. Be specific and ask for what you really want. Imagine your request actually being granted as you write it down.
Offerings:

Once you’ve written down what you’re thankful for and asked for what you want to attract into your life, the next step is to write down what you plan to offer the world today. What will you give back to the world? What could you give to someone or do for someone that would make their day or their life better? Think of a time when you helped someone and they were grateful for your help. How did it feel? In my experience, I feel great when I’m able to help someone in a meaningful way. How are you sharing your talents and gifts with the world today? Are you helping an individual? Are you donating to a charity? Are you doing volunteer work? Are you offering to help a coworker with a different project? There are so many big and small ways you can give of yourself to make the world a better place each day.

Sample entries for “Offerings“:

I am giving 100% at my job.
I am offering compassion and understanding to difficult people.
I offer my talents and gifts to people who can benefit from them.

Sample entries for “Offerings“ using “Today“:

Today I am making a donation to my favorite non-profit organization.
Today I am offering to volunteer my time to someone in need.
Today I am helping a friend navigate his or her way through a difficult time.

There are so many ways to help people, and it’s in helping others that we really help ourselves. This section is called “Offerings” because sometimes, people either don’t want to or aren’t able to receive our help or our assistance. The idea here is to give of yourself without attachment to an outcome.
**Wealth:**

How you define wealth is up to you, and your definition may vary from day to day. One day you may focus on growing your financial wealth, writing down what steps you will take to save or invest money. Another day you may focus on spiritual wealth, writing down plans to meditate or to do random acts of kindness for people in your life. Regardless of whether it’s spiritual or financial wealth, I define wealth in general as “empowered abundance.” What I mean by this is that wealth is abundance that allows you to do powerful and meaningful things. If you’re financially wealthy, you have the power to make investments for yourself and to contribute to worthy causes. If you’re spiritually wealthy, you have the power to help people who need guidance and support. What will you do today to create empowered abundance in your life?

Sample entries for “Wealth”:

I will build financial wealth by setting up automatic drafts to my savings account.
I will build spiritual wealth by meditating for twenty minutes every day.
I am building financial wealth by doing careful research before making investments.

Sample entries for “Wealth” using “Today”:

Today I am building spiritual wealth by reading a self-improvement book or article.
Today I am creating financial wealth by looking for alternative sources of income.
Today I am creating spiritual wealth by practicing mindfulness.

When writing in this section, ask yourself if what you’re writing will help you achieve empowered abundance. Will what you’re writing improve your ability to create a better, happier life for you? Will it also allow you to better serve others?

Remember that it’s not about making money. It’s about empowering yourself to live your best life. Empowered abundance is about being of service, both to yourself and to others.
Thoughts:

This section is where you become aware of your self-talk. How are you feeling today? What’s on your mind? The idea here is to become aware of not only your thoughts, but also your thought process. When you’re aware of where your thoughts come from, you have more control over them. When you have more control over your thoughts, you have more control over your life.

There are a few ways to approach this section. It can be a dumping ground for negative thoughts, where you reinforce negative self-talk: “I feel like I’m never going to achieve my goals. I’m tired. I’m bored. I’m too old. I’m too out of shape.”

I prefer to use it as a place for affirmations and visualizations. I find this section to be a great place to take “act as if” to another level.

Sample entries for “Thoughts”:

I feel great!
I am one step closer to achieving my goals!
I am living the dream!

Sample entries for “Thoughts” using “Today”:

Today I feel unstoppable!
Today I am ready for anything!
Today I feel healthy, happy, and alive!

The point here is not to deny your negative thoughts and self-talk. The point is to not allow them to have control over you. If you are going through a difficult time, don’t deny or repress your feelings. It may help to keep a separate journal for those negative thoughts.

If you find yourself having trouble getting started in this section, write down a favorite quotes from someone you admire or someone who inspires you as an affirmation of how you want your day to go and who you want to be today.

Think of “Thoughts” as a canvas, not a dumping ground. It’s not where you spill your paint; it’s where you use it to create your masterpiece.
**Habits:**

Real growth and change takes time and sustained effort. You can have the best of intentions, but without habits in place to make sure you follow through with those intentions, you won’t see consistent results.

This section is where you hold yourself accountable for taking action to make your dreams a reality. Reinforce your habits by writing them down here.

Sample entries for “Habits”:

I am writing in my journal.
I am making daily deposits into my savings.
I am exercising for twenty minutes.

Sample entries for “Habits” using “Today”:

Today I am meditating for twenty minutes.
Today I am making new connections to grow my network.
Today I am reading twenty pages of a self-improvement book.

I also find it useful to write sub-headings under “Habits” to list what habits I’m working on for that day. For example:

Habits: Daily Fitness: Today I am exercising for twenty minutes.
     Money Management: I am making daily deposits into my savings.
     Growing my Business: Today I am following new sales leads.

Habits are the final section of the Personal G.R.O.W.T.H. Journal because they represent the difference between progress and homeostasis. Personal growth doesn’t happen by standing still. Whether it’s internal action like meditating or external action like networking, it’s commitment to daily action that brings us closer to achieving our goals and turning our dreams into reality.
Join the community!

I hope you make the commitment to using the Personal G.R.O.W.T.H. Journal every day, and I’d love to hear the progress you’re making toward reaching your goals and achieving your dreams.

I invite you to join The Personal G.R.O.W.T.H. Journal’s exclusive Facebook group:

https://www.facebook.com/groups/personalgrowthjournal/

Every day on the group page, we focus on one of the six sections of the journal, giving members the opportunity to share their success and their struggles, and to get support and inspiration from the community.

In addition to The Personal G.R.O.W.T.H. Journal's private Facebook group, you can also reach out to me at barrymangione.com, where you can find my email and social media links.
Sample Journal Entry:

**Gratitudes:** Today I am thankful for my health. I am thankful for living in my dream home. I am thankful for my career. I am thankful for my talents and experiences. I am thankful for my family and friends. I am thankful for the beautiful weather today. I am grateful for following through with my habits from yesterday.

**Requests:** Today I ask for courage to seize opportunities as they present themselves. Today I ask for peace and healing for people in my life who are hurting. Today I ask for safe travels wherever I go. I ask for wisdom to see opportunities as they arise. I ask for patience to deal with difficult people in my life. I ask for the strength to deal with adversity. Today I ask for the persistence and motivation to follow through with my habits.

**Offerings:** Today I am making a donation to my favorite non-profit organization. Today I am offering to volunteer my time to someone in need. Today I am helping a friend navigate his or her way through a difficult time. I am giving 100% at my job. I am offering compassion and understanding to difficult people. I offer my talents and gifts to people who can benefit from them.

**Wealth:** Today I am building spiritual wealth by reading a self-improvement book or article. Today I am creating financial wealth by looking for alternative sources of income. Today I am creating spiritual wealth by practicing mindfulness. I will build financial wealth by setting up automatic drafts to my savings account. I will build spiritual wealth by meditating for twenty minutes every day. I am building financial wealth by doing careful research before making investments.

**Thoughts:** Today I feel unstoppable! Today I am ready for anything! Today I feel healthy, happy, and alive! I feel great! I am one step closer to achieving my goals! I am living the dream!

**Habits:** Daily Fitness: Today I am exercising for twenty minutes.

Money Management: I am making daily deposits into my savings.

Growing my Business: Today I am following new sales leads.
Date: __________________

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