



# Kindness-Compassion-and-Coaching.com

## Self-Inventory Worksheet

**Instructions:** Reflect with kindness. List your strengths, identify areas for growth, and reconnect with your passions.

☀️ **Strengths** *Write 3-5 traits, habits, or skills you value in yourself.*

- 1.
- 2.
- 3.

🔍 **Growth Opportunities** *List areas you'd like to improve or explore.*

- 1.
- 2.
- 3.

💛 **Core Values** ☐ Compassion ☐ Integrity ☐ Creativity ☐ Growth ☐ Connection ☐ Other:

- 1.
- 2.
- 3.

🔥 **Passion Themes** What makes you feel most alive?

- 1.
- 2.
- 3.



# Kindness-Compassion-and-Coaching.com

## Vision Statement Builder

**Instructions:** Write in the present tense. These prompts help you connect with your desired life story.

💡 **I wake up each day feeling...**

🤝 **The relationships around me are...**

💼 **My work makes me feel...**

💫 **I am known for...**

📌 **Final Vision Statement "I am..."**



# Kindness-Compassion-and-Coaching.com

## Developmental Plan Template

**Instructions:** Lay out a step-by-step structure to guide your journey with intention and resilience.

 **Goal Title:**

 **Why This Goal Matters**

 **Key Actions**


1.

2.

3.

 **Support System**

 **Barriers & Solutions**

 **Daily/Weekly Habit Tracker** ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Kindness-Compassion-and-Coaching.com



# Kindness-Compassion-and-Coaching.com

## Milestone Planner

**Instructions:** Define your goal milestones and set dates for completion.

**Goal:** \_\_\_\_\_

Milestone	Target Date	Status: Not Started, Pending, Complete



# Kindness-Compassion-and-Coaching.com

## Checkpoint Tracker

**Instructions:** Reflect regularly. Use this table to log achievements, emotions and plans for the future.

Date	Progress Achieved	Emotional Check-In 😊 / 😞 / 😐	What I'm Proud Of	Next Focus