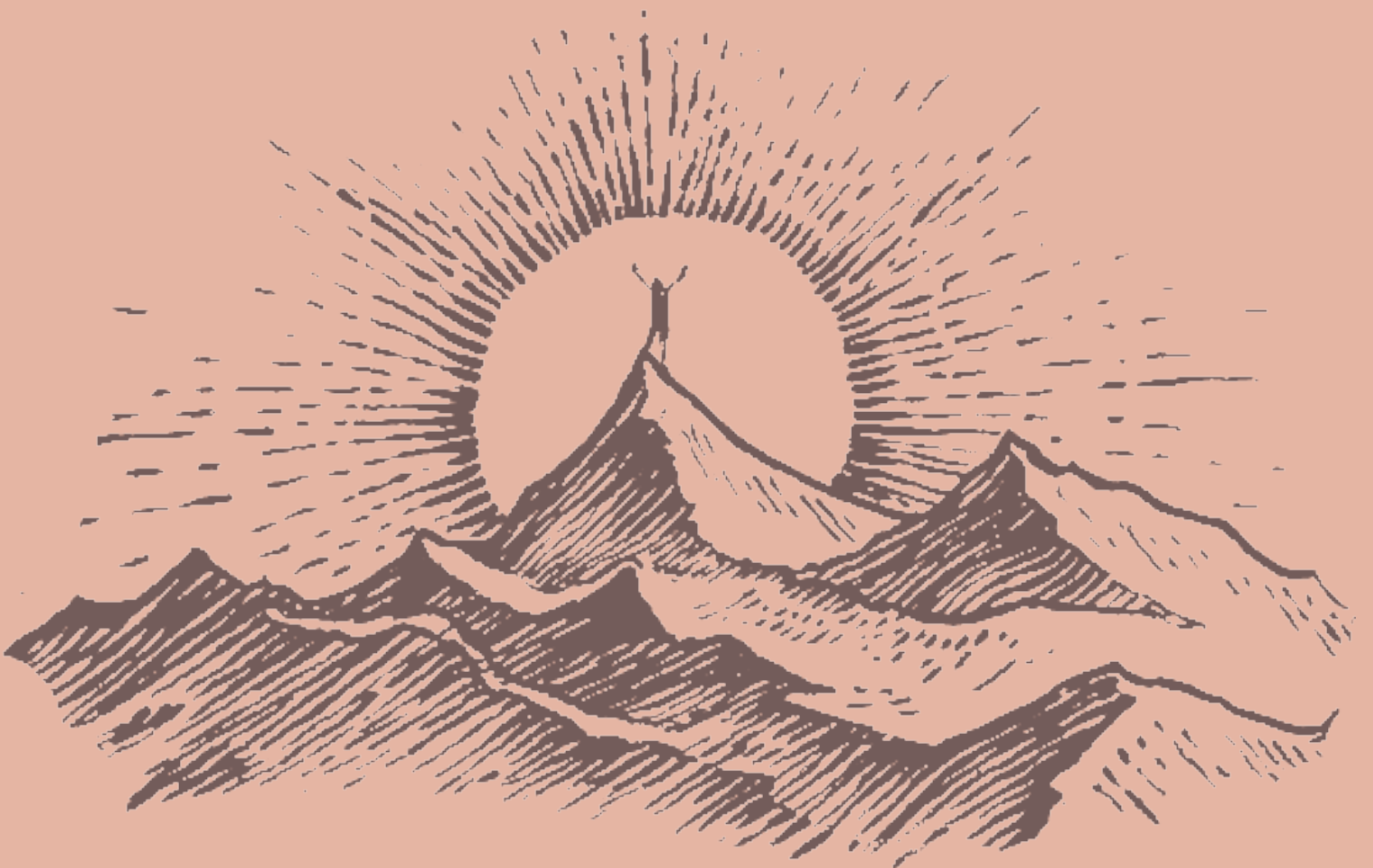


PERSONAL GROWTH

JOURNAL

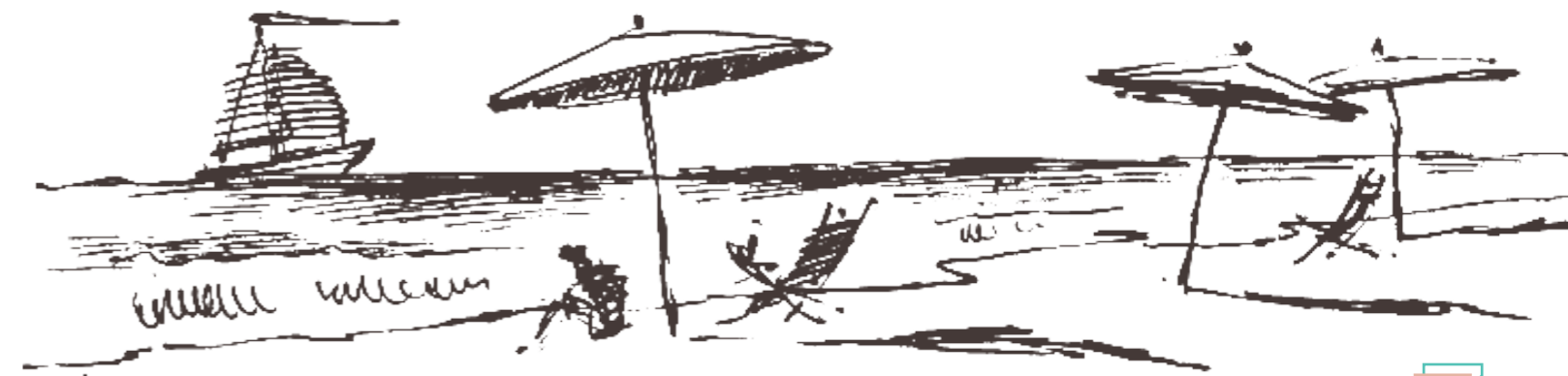
*FOR COMPANY
RETREATS*

BIZ  TREAT



Self-awareness and mindfulness are the keys to learning and growth. This journal is designed to help you observe, reflect on and apply your learnings. Supporting the growth of each individual is critical to the overall team progress. That's why we made this tool - to ensure that during company retreats, the focus is not only placed on business learning objectives but that the individual team members are supported on their learning journey too. Happy journaling!

BizTreat team



DAY 1: EVENING

Using 5 words describe what you would like to feel like this week.

What prevents you from feeling this way right now?

Choose one of the challenges above and talk about it with a colleague at breakfast.

4

DAY 2: MORNING

Today, I woke up feeling ...



5

DAY 2: EVENING

Today I felt the happiest when ...

What made me feel the happiest at that point?

Today, I learned ...

What's the most important thing about learning this today for me?

Sometimes it's easy to forget all the wonderful things that have happened throughout the day or during our lives. Remind yourself of these things today. You live a beautiful life.



DAY 3: MORNING

Today, I'd like to ...



8

DAY 3: EVENING

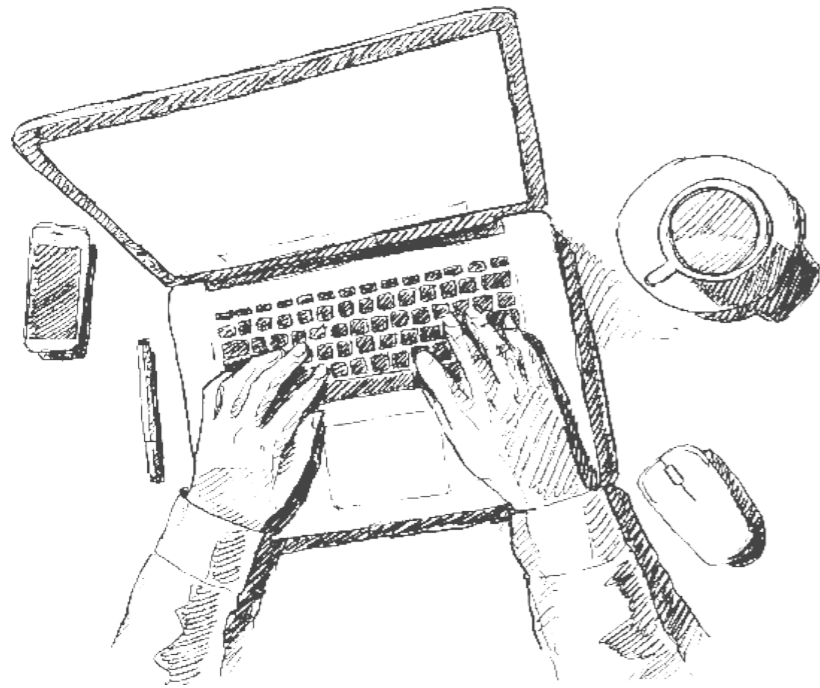
I'm grateful for ...

Today, I felt most energised when ...

What about them made me feel the most energised?

Which things made me feel drained, and why ?

9



I'm curious about ...

Notice how your energy changes through the day and with different activities. The things that charge you with energy are the things you should pursue.

Work feels good when ...



DAY 4: EVENING

Today, I found it surprising ...

For tomorrow, I'm most excited about ...



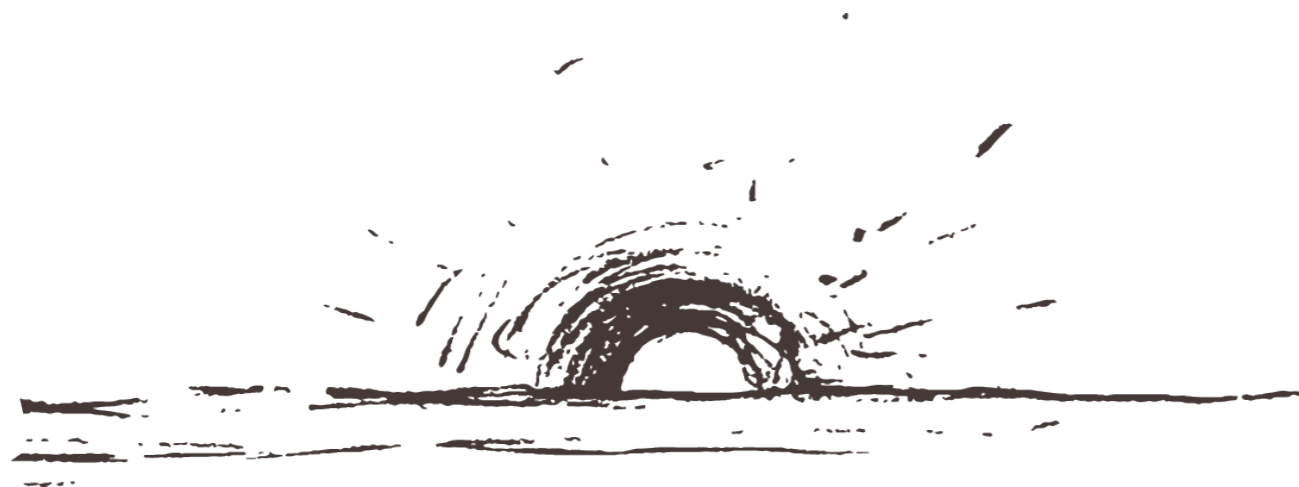
Love is where laughter is.
To be in love with your life,
do what brings you joy.



DAY 5: MORNING

I'd like to say 'no' to the following in my life ...

I'd like to say 'yes' to the following in my life ...



DAY 5: EVENING

What are you going to improve after this retreat?

Write the words you need to hear right now.

DAY 6: MORNING

Today, I feel empowered to ...

Focus only on the things that make you a better version of you. You know what they are. The validation you're seeking is already in you.



Make a copy of this page and always keep it with you so you have a daily reminder that you're strong and can face any challenge.



This journal is a reminder of how incredibly powerful and conscious being you are. Keep exploring your mind, body and soul. This is just a beginning :)





Find more inspiration at

WWW.BIZTREAT.COM