

# Journey Tracker Worksheet

Use this worksheet once a week to track your emotional, mental, and behavioral growth.

Fill in the columns with honest reflections: recent wins (even small ones), your emotional state, key insights, and any adjustments you've made to your habits or mindset.

Date	Win	Emotion	Lesson	Adjustment

*Example:*

*Date: [your date] | Win: Spoke up in a meeting | Emotion: Nervous but proud | Lesson: I underestimate my voice | Adjustment: Prep talking points before meetings*

*Reviewing this over time will remind you of how far you've come.*