



Progress Tracker & Vision Mapping Worksheet



Instructions: Use this section each day to align your energy, track insights, and reflect.

[illegible]



Section 2: Weekly Introspection & Reflection

Instructions: Answer these at the end of each week to align with the 9 Year August theme.

1. What lesson did I integrate this week?

2. What did I release or become aware of needing to release?

3. Where did I notice growth or resistance?

4. What decision (pivot or stay the course) felt most significant?

5. How did Hypersthene/Yerba Mate support me this week?

6. What quality do I want to cultivate next week?



Section 3: Vision Mapping & Goal Refinement

Instructions: Use this space to create clarity around what's evolving and where to direct your energy.



Mind Mapping (use arrows/bubbles):

Central Focus:

Associated Goals:

-
-
-

Supporting Beliefs or Values:

-
-



Values Compass Exercise:

Core Value I'm aligning with this month:

This value supports my journey by:

Actions that reflect this value:

1.

2.

3.

✨ Bonus Practice: Release & Realign Ritual

Instructions: At the end of August, write down what you are letting go of. Meditate with Hypersthene. Burn or bury this list with gratitude.

I now release:

I now welcome:
