

Self Growth Checklist

An NLP-Based Personal Growth & Self-Coaching Worksheet

Purpose
Use this checklist to assess where you are now, identify the patterns that support or restrict your growth, and turn awareness into small, deliberate actions.

NLP focus: Well-Formed Outcomes, values, Meta Model questioning, reframing, resource states, perceptual flexibility, future pacing, chunking and feedback.

Name:		Date:	
Growth focus:		Review date:	

Remember: Self-growth is not about becoming “perfect.” It is about increasing awareness, choice, flexibility, useful skills and consistent action. This worksheet is a coaching/self-reflection resource, not a clinical assessment.

1. My Current Growth Baseline

Rate each area honestly. The score is a snapshot—not a judgment.

Growth area / statement	1	2	3	4	5
I understand what I want to improve.					
I know what matters most to me.					
I notice my unhelpful thinking patterns.					
I can separate facts from assumptions.					
I can regulate or shift my state when needed.					
I communicate my needs clearly.					
I can receive feedback without automatically taking it personally.					
I take consistent action toward meaningful goals.					
I learn from mistakes rather than only criticizing myself.					
I adapt when my first strategy does not work.					

Which 3 areas have the greatest opportunity for improvement?

Which 3 areas are already strengths I can build on?

2. Define My Growth Outcome

Use the NLP Well-Formed Outcome framework. Define what you want, not only what you want to stop.

What personal change do I want?

What do I want instead of the current problem or pattern?

What will I SEE when I am making progress?

What will I HEAR from myself or others?

What will I FEEL when I am responding differently?

Where, when and with whom do I want this change to show up?

What part of this change is within my control?

3. Values & Personal Alignment

Growth is easier to sustain when it supports what you genuinely value.

■ Growth / learning	■ Freedom / autonomy
■ Security	■ Achievement
■ Family / relationships	■ Contribution
■ Creativity	■ Purpose
■ Confidence	■ Peace
■ Financial progress	■ Health / well-being
■ Leadership	■ Adventure
■ Recognition	■ Mastery

My TOP 5 values right now are:

How are these values expressed in my current life?

Which value needs more attention?

What small behavior would demonstrate that value this week?

4. Awareness of Thinking & Language Patterns

Use Meta Model-style questions to challenge vague, absolute or assumed thinking.

My thought	Precision question
"I always..." / "I never..."	What specifically? Are there exceptions?
"I can't..."	What specifically stops me? What would make it possible?
"They think..."	How do I know what they think? What evidence do I have?
"I have to..."	What would happen if I did not? Who says I must?
"If X happens, Y will happen."	How exactly does X cause Y? What else could happen?
"I am a..."	Is this identity fixed, or is it a behavior, skill or current pattern?

Write one recurring thought that may be limiting my growth.

Challenge it with 3 specific questions. What did I discover?

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5. Limiting Beliefs & Reframing

What belief currently limits my choices or actions?

What positive intention might this belief be trying to serve?

When might this belief have been useful in the past?

What evidence supports it? What evidence challenges it?

What is a more useful AND realistic interpretation?

If I acted from the new belief, what would I do differently?

Reframe: I do not need to prove the old belief completely false. I can choose a more flexible interpretation that gives me more useful options.

6. Resource State & Emotional Flexibility

Choose the internal state that would help you handle your next important situation.

■ Calm	■ Confidence	■ Courage
■ Curiosity	■ Focus	■ Patience
■ Compassion	■ Clarity	■ Creativity
■ Determination	■ Flexibility	■ Resourcefulness

Which state do I need most?

Recall a real moment when I naturally experienced this state. What was happening?

What did I SEE, HEAR and FEEL in that memory?

What cue or routine can help me access this state before a challenging situation?

7. Communication & Relationship Growth

Use pacing, listening, precision and perceptual flexibility to improve communication.

Growth area / statement	1	2	3	4	5
I listen before preparing my response.					
I check what the other person actually means.					
I ask clarifying questions rather than mind-reading.					
I can state what I want clearly and respectfully.					
I notice my own state during difficult conversations.					
I can consider the situation from another person's perspective.					
I can distinguish intent from impact.					
I can give and receive specific feedback.					

Which communication pattern would I most like to improve?

What will I practice in my next conversation?

8. Perceptual Positions for Personal Growth

For a situation that is emotionally important, explore three viewpoints: your own, the other person's, and an observer's.

Situation I want to understand better:

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1st position — What was I experiencing, wanting and needing?

2nd position — If I imagine the situation from the other person's perspective, what might they have been experiencing or needing?

3rd position — As a neutral observer, what patterns or options can I see?

What new choice becomes available after considering all three perspectives?

9. Future Pace My Growth

Imagine yourself responding differently in a realistic future situation.

Choose a situation where I want to demonstrate growth.

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Imagine it happening next month. What do I SEE myself doing differently?

What do I HEAR myself saying or thinking?

What do I FEEL as I respond with greater choice?

What is the first small behavior that makes this future different?

What could interrupt the new pattern, and how will I respond?

10. Chunking: Turn Growth Into Daily Practice

Do not rely on motivation alone. Break a growth intention into small behaviors that can be repeated.

Growth goal	Weekly behavior	Daily micro-action	Evidence

What is the smallest action I can repeat even on a difficult day?

What cue will remind me to do it?

11. Weekly Self-Growth Checklist

■ I reviewed my main outcome.	■ I took at least one meaningful action.
■ I noticed an unhelpful thought pattern.	■ I challenged an assumption with a precise question.
■ I practiced a useful resource state.	■ I communicated more intentionally.
■ I considered another perspective.	■ I learned something from feedback.
■ I celebrated progress without pretending everything is perfect.	■ I adjusted my strategy where needed.

My biggest win this week:

My biggest lesson this week:

One pattern I want to change next week:

12. Monthly Growth Review

Measure progress through evidence and learning, not only feelings.

Growth area / statement	1	2	3	4	5
I have greater clarity about what I want.					
I have more flexibility in how I interpret situations.					
I respond rather than automatically react.					
I use language more precisely.					
I can access useful resource states more deliberately.					
I am taking more consistent action.					
I recover more effectively when plans change.					
My relationships or communication have improved.					
I am learning from feedback.					
My actions are increasingly aligned with my values.					

What has changed since I started this checklist?

What evidence shows that I have grown?

What is my next growth outcome?

My commitment for the next 30 days:

Closing principle: Awareness creates choice. Choice creates action. Action creates feedback. Feedback creates learning. Use the cycle repeatedly rather than expecting one exercise to create permanent change.