

# PROGRESS Framework Workbook

Use this workbook to capture your thoughts, reflect on your progress, and apply the PROGRESS framework to overcome barriers and achieve your goals.

## 1. PROGRESS Pillar Self-Assessment

Rate yourself on a scale of 1-10 for each pillar and identify areas for improvement. Write one action step to improve your lowest-rated pillar.

Pillar	Rating (1-10)	Strengths/Weaknesses	Action Step
Purpose	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>
Reflection	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>
Organization	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>
Grit	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>
Empowerment	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>
Support	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>
Self-Improvement	<div>Rating</div>	<div>Your strengths/weaknesses</div>	<div>Action step to improve</div>

## 2. Daily PROGRESS Journal

Fill in this journal at the end of each day to reflect on how you applied the PROGRESS pillars to your life.

Pillar	Reflection Prompt	Your Notes
Purpose	Did I act in alignment with my "why" today?	<div>Your reflection</div>
Reflection	What did I learn from today’s successes or setbacks?	<div>Your reflection</div>
Organization	Did I plan my tasks effectively? What could I improve?	<div>Your reflection</div>
Grit	How did I persevere through challenges today?	<div>Your reflection</div>
Empowerment	What actions did I take to own my journey?	<div>Your reflection</div>
Support	Who helped me today, and how can I show gratitude?	<div>Your reflection</div>
Self-Improvement	What small step did I take to grow today?	<div>Your reflection</div>

## 3. Purpose Discovery Exercise

Answer the prompts below to clarify or reconnect with your "why."

What motivates me to get out of bed every day?

Your answer

What activities make me feel alive and fulfilled?

Your answer

What kind of legacy do I want to leave behind?

Your answer

Purpose Statement:

Write your purpose in one sentence

**Signature:**

**Email:**