**Levels of Growth – Dimensions of Life Exercise**

Print out or show in Word the blank form so that it is in two-page format with pages side by side like a book, as in the image below.

Write in each square your thoughts on how someone would behave in the dimension of life for the level of growth. Then compare your thoughts with the completed PDF. To view the PDF side by side, click on 2 page view under the view option.

Alternatively, you can just go the completed PDF and highlight or circle behaviors that you see in yourself that cause you to be ineffective, unhappy, stressed etc.

Compare those words with what are person acting at the responsible level would be like. Ask yourself the question, how would I feel if I behaved that way all the time for that dimension? What would you need to change to be at the responsible level?

Write your answers to these questions below or in a notebook and set a goal to work on those changes. You can use my [goal planning worksheet](https://www.optimusperformance.ca/how-to-set-and-achieve-any-goal-using-a-goal-planning-worksheet-2/) that you can download for free.

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