

Weekly Personal Growth Chart

Week of: _____

1. Gratitude Check-In

List 3 things you're thankful for this week:

1. _____
2. _____
3. _____

2. What I'm Working On (Character Focus)

This week I'm focusing on:

- ☐ Patience
- ☐ Kindness
- ☐ Honesty
- ☐ Self-control
- ☐ Responsibility
- ☐ [Write your own: _____]

3. Scripture or Quote That Encouraged Me

4. One Way I Helped or Encouraged Someone

5. High + Low of the Week

High (best moment):

Low (challenge or struggle):

6. Weekly Habit Tracker

Put a ✓ each day you complete your chosen habit:

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Morning quiet time

Acts of kindness

Habit

Mon Tue Wed Thu Fri Sat Sun

Journaling or prayer writing

Limiting screen time / staying focused

7. One Goal for the Coming Week
