

FREE STARTER KIT

The Personal Growth Starter Kit

A scored self-assessment plus five working tools: the focus decision, the habit starter, the learning loop, the weekly review, and a 30-day plan.

Personal development goes wrong in one of two ways. Either you consume a great deal and change nothing, or you try to change eight things at once and abandon all of them by week three. This kit is built to avoid both. It starts with an honest score across eight areas, narrows to one focus, and gives you five small tools that fit together into a system you can run in about twenty minutes a week.

HOW TO USE THIS KIT

Do the assessment first, in one sitting, without overthinking any single answer. Then read Tool 1 and pick your focus area. Tools 2 through 5 are the working parts. Everything is printable and designed to be reused, so print the weekly review and 30-day plan pages more than once.

The starting assessment

HOW TO SCORE

Rate each of the eight statements from **1 to 5**, where 1 means almost never true of me right now and 5 means consistently true of me right now. Score the last month, not your best month and not your intentions. Add the eight numbers for a total between **8 and 40**, then read your band on the next page.

1 Direction

I can name what I am working toward this year in one specific sentence.

2 Follow-through

Things I commit to generally get done, without a crisis forcing them.

3 Energy

My sleep, movement, and food are steady enough that most days are usable.

4 Attention

I can work on one thing for a sustained stretch without reaching for my phone.

5 Learning

I am actively practicing something, not just consuming content about it.

6 Relationships

There is at least one person I speak with honestly and regularly.

7 Boundaries

I can decline requests that do not fit without significant guilt or avoidance.

8 Review

I regularly stop and look at how things are actually going, on a schedule.

1. Direction

1 to 5

2. Follow-through

1 to 5

3. Energy

1 to 5

4. Attention

1 to 5

5. Learning

1 to 5

6. Relationships

1 to 5

7. Boundaries

1 to 5

8. Review

1 to 5

Total

between 8 and 40

My lowest-scoring area

My highest-scoring area

8 to 15

Rebuilding

The foundations are not currently in place, and that is a load problem more often than a motivation problem. Do not start four things. Start with Energy alone, because attention, follow-through, and mood all sit downstream of sleep, food, and movement. Use Tool 3 to build one small energy habit and run it for thirty days before touching anything else on this list. If your Energy score is low because of something health-related, that is a conversation with a clinician, not a productivity project.

16 to 23**Patchy**

Some areas hold and others collapse under pressure, which usually means you have habits but no system connecting them. Your highest-return move is Tool 5, the weekly review, because a review is what catches the collapse before it compounds. Pair it with one habit from Tool 3 in your lowest-scoring area. Two changes at once, no more.

24 to 31**Functional**

The basics work. What is missing is usually direction and deliberate practice: you are executing well on whatever arrives rather than on something chosen. Start with Tool 1 to pick a single focus for the next ninety days, then use Tool 4 to build a real practice loop inside it. Resist the urge to improve areas already scoring 4 and 5; the return is small compared with moving a 2 to a 3.

32 to 40**Compounding**

Most of the machinery is running. The risk at this level is comfortable optimization: refining systems that are already fine while avoiding the one genuinely difficult thing. Look at your lowest single score, not your total. Then pick something that is a real stretch, something with a visible chance of failing, and use Tool 4 and Tool 5 to run it for a quarter. Growth at this stage comes from raising the difficulty, not from tuning the process.

Tool 1: The focus decision

One focus at a time. Not because you can only handle one, but because the second and third quietly consume the attention the first one needed. This page picks it.

Three questions

1 Which low score bothers me most?

A low score you are genuinely at peace with is not a problem. Only pick something that actually costs you.

2 Which one would make the others easier if it improved?

Energy and Review are the two that most often lift everything else. Choose the upstream one when in doubt.

3 What would be different in ninety days if this moved by one point?

If you cannot describe a concrete difference, pick another area.

My focus area for the next 90 days

Current score and target score

What will be visibly different at the end

What I am explicitly not working on right now

list at least three

Tool 2: The energy baseline

Before any technique, check the inputs. A large share of what people diagnose as a discipline problem is a sleep, food, or movement problem wearing a productivity costume. Take one week of honest observation.

TRACK FOR SEVEN DAYS, THEN LOOK FOR THE PATTERN

Day	Hours slept	Movement	Best hour of the day	Worst hour
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

My most reliable good hour

What is currently scheduled during that hour

One thing I will move into it

The single input most worth fixing first

sleep, food, movement, or time outdoors

Tool 3: The habit starter

One habit, sized for your worst realistic day, attached to something that already happens. Fill in the sentence and do not modify it for thirty days.

After [existing routine], I will [action] for [size] in [place].

My habit sentence

The minimum version

what still counts on a terrible day

The friction I removed to make it easier

The friction I added to its main competitor

What I do the day after a miss

~~never miss twice~~

Where I will mark it off

SIZE IT DOWN, NOT UP

Nearly every abandoned habit was too big at the start. If you are unsure between two sizes, take the smaller one. A habit that is embarrassingly easy and still running in month three beats an ambitious one that ended in week two.

Tool 4: The learning loop

Consuming content feels like progress and produces almost none. A learning loop has four parts, and skipping any one of them turns it back into consumption.

THE FOUR PARTS, AND THE FAILURE MODE WHEN EACH IS MISSING

Part	What it means	Missing it produces
Input	Read, watch, or be taught something narrow	Practicing the wrong thing efficiently
Attempt	Do it yourself, badly, soon after	A library of interesting ideas and no ability
Feedback	Compare against a rubric, a recording, or a person	Confidently repeated mistakes
Adjust	Change one specific thing and attempt again	Endless practice with a flat curve

What I am learning, narrowly defined

My input source

one source, not five

My attempt, and how often it happens

My feedback source and the narrow question I ask of it

The one thing I am adjusting this week

THE 1 TO 3 RULE

For every hour of input, aim for roughly three hours of attempt and feedback. Most people run this ratio in reverse and then conclude they are not talented.

Tool 5: The twenty-minute weekly review

This is the tool that holds the other four together. Same day, same time, every week. Reprint this page and keep the completed ones.

Week of

Habit: days completed out of seven

Learning loop: attempts made this week

What moved in my focus area

What got in the way, specifically

One thing to change next week

~~change the setup, not your attitude~~

The three things that get time next week

Anything I should stop doing

The 30-day plan

Everything above, condensed into a month

- ☐ Week 1: Assessment done, focus area chosen, energy baseline tracked for seven days
 - ☐ Week 1: One habit written as a sentence and started at the minimum size
 - ☐ Week 2: Learning loop set up with one input source and a feedback method
 - ☐ Week 2: First weekly review completed, twenty minutes, same slot booked for the rest of the month
 - ☐ Week 3: Habit still running; the day-after-a-miss rule has been used at least once
 - ☐ Week 3: One adjustment made based on feedback, not on how you felt
 - ☐ Week 4: Four weekly reviews reread in one sitting to find the pattern
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- ☐ Week 4: Assessment retaken and both totals compared
- ☐ Week 4: Next 30 days chosen, with either the same focus continued or one new area added

Retake and compare

Starting total

Total after 30 days

The area that moved most

The area that did not move, and why

What I now know about how I actually work

My focus for the next 30 days

KEEP BUILDING

One practical skill at a time, on a schedule

The Insider Newsletter from Personal Development Skills goes deeper on the mechanics behind this kit: attention, follow-through, deliberate practice, boundaries, and the review habits that keep the whole system running past month three.

Join the Insider Newsletter at personaldevelopmentskills.io for \$15/mo

Important. This kit is general educational information about personal development and self-management. It is not therapy, medical, mental health, or financial advice, and the assessment is a self-reflection exercise rather than a validated diagnostic instrument. If your energy, mood, or focus has been persistently low, please speak with a qualified clinician. Results vary.