



**YOUR
PERSONAL
GROWTH**

Toolbox

CURATE THE TOOLS THAT WORK FOR YOU — NO PRESSURE, JUST OPTIONS.



WELCOME

“This isn’t about doing more — it’s about doing what works. You don’t need to follow every tip. Just pick what feels good for you right now.”

Laurel Gery

Quick Self-Assessment

WHAT DO YOU NEED MORE OF RIGHT NOW?



- CLARITY
- CONFIDENCE
- TIME MANAGEMENT
- BOUNDARIES
- MOTIVATION
- BURNOUT RECOVERY

Think about what's been feeling the hardest lately—this can help you pinpoint where to focus first.

NEED MORE CLARITY OR CONFIDENCE?

Need More: Clarity

Book: Essentialism by Greg McKeown

Tool: Brain Dump Journal Page (printable included)

App: Reminders App

Strategy: Weekly 15-Min Clarity Session (prompt included)

Bonus Tip:

“I create lists in Reminders. I have a list for every topic—from my Target list to my business priorities. When I think of something, I ask Siri to add it so I don’t even have to take the time to go into my phone to type it. If I need a new list, Siri creates it. And it’s all in the Reminders app.”

Need More: Confidence

Exercise: “Evidence List” — Write down recent wins, even the small ones.

Book: The Happiness Advantage by Shawn Achor

Practice: 3-Minute Mirror Mantra — Stand tall, make eye contact with yourself, and say one empowering truth.

Bonus Tip: *“When I need a quick reset, I remind myself of past challenges I’ve overcome and revisit testimonials or feedback that reaffirms my strengths.”*

STRUGGLING WITH TIME OR BOUNDARIES?

Need More: Time Management

Tool: Time Block Planner (Canva printable or use Google Calendar)

Strategy: 3-Task Rule — Pick only 3 priorities each day.

Book: Eat That Frog by Brian Tracy

App: Google Calendar or Notion

Bonus Tip: *“Batch your tasks — emails, errands, content — to minimize decision fatigue.”*

Need More: Boundaries

Tool: Boundary Scripts Guide (short cheat sheet with sample phrases)

Book: Procrastinate on Purpose by Rory Vaden

Strategy: “Office Hours” — Set fixed windows for responding to messages, clients, or coworkers.

Practice: Say “Let me get back to you” — build pause time into your response habit.

Bonus Tip: *“Not every opportunity deserves an immediate yes. Slowing down your yes creates space for better alignment.”*

FEELING UNMOTIVATED OR BURNED OUT?

Need More: Motivation

Exercise: “Why Ladder” — Ask yourself why you want a goal 3 times to uncover your deeper drive.

Book: Atomic Habits by James Clear

App: Habit Tracker (e.g., Streaks or Productive)

Strategy: Anchor new habits to existing ones (e.g., affirmations after brushing your teeth).

Bonus Tip: *“Motivation shows up more often when your environment supports your goals. Start small, start visible.”*

Need More: Burnout Recovery

Tool: “Bare Minimum” Tracker — What can you safely let go of this week?

Book: Play It Safe by Chase Jarvis

Practice: 10-20 Min Rest Break — No screens. Just breathe, walk, stretch, or sip something warm.

App: Use headspace or combine with your workout (like Peloton)

Bonus Tip: *“Burnout isn’t solved by a bubble bath. It’s solved by honoring your capacity and giving yourself permission to pause.”*

Build Your Own Personal Growth Toolkit

THIS IS YOUR SPACE TO TAKE WHAT WORKS AND LEAVE WHAT DOESN'T.
CHOOSE WHAT FEELS ALIGNED, NOT WHAT FEELS LIKE PRESSURE.

My Top 3 Go-To Tools

1.

2.

3.

One New Tool I Want to Try This Month

(SOMETHING FROM THE TOOLBOX THAT FEELS FRESH OR WORTH EXPLORING.)

Build Your Own Personal Growth Toolkit

(STRATEGIES OR IDEAS I'VE TRIED — OR JUST DON'T LIKE — AND GIVE MYSELF FULL PERMISSION TO SKIP.)

My "Not for Me" List

1. _____
2. _____
3. _____

"Growth isn't about doing all the things. It's about doing the right things for you — in this season, at this pace, with self-trust."

Weekly 15-Min Clarity Session

1. What's taking up the most space in your head right now?

2. What actually needs your attention this week?

3. What can wait, delegate, or be deleted?

4. What would help you feel more clear today?

Final Step:

PICK ONE THING TO START WITH. WRITE IT DOWN AND GO DO IT.

Want more
personalized support?

Let's chat about how coaching can help you build a toolkit that truly works for your life.

➔ Click [Here](#) To Book A Free Consult
Call with Me!