**Personal Growth Metrics**

1. The intend of this exercise is to offer you a metric to follow up on your personal performance on various parameters. You **can alter/ change them** as you deem fitting to your scenario.

Please give it a good thought as to what may guide your personal sphere.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Categories | Scores | | | | | | | | Full Performance Constitute... |
| **Year 1** | | | | **Year 2** | | | |
| ***Do I do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **Overall** |  |  |  |  |  |  |  |  |  |
| A - Overall Performance |  |  |  |  |  |  |  |  |
| B – Growth, knowledge, skills |  |  |  |  |  |  |  |  |
| C - Money |  |  |  |  |  |  |  |  |
| D - Relationship |  |  |  |  |  |  |  |  |
| E – Health, energy |  |  |  |  |  |  |  |  |
| F - Career |  |  |  |  |  |  |  |  |
| G - … |  |  |  |  |  |  |  |  |
| H - … |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **A - Overall Performance** |  |  |  |  |  |  |  |  | * Security: On a scale of 1-10 (10 = high) how “secure” / “confident ” / “in control” do I feel? * Connection: On a scale of 1-10, how deep is my sense of “connection” / “belonging”? * Significance: On a scale of 1-10, how much “significance” / “respect” / “self-worth” do I feel? * Growth: On a scale of 1-10, how much am I “growing” / “making progress” / “moving forward”? Alternatively, how “bored” do I feel? (the higher that number, the lower the “growth” score). * nk in terms of the fundamental human needs (a simplified version of Abraham Maslowe’s “Hierarchy Of Need”): |
| Security |  |  |  |  |  |  |  |  |
| Connection |  |  |  |  |  |  |  |  |
| Significance |  |  |  |  |  |  |  |  |
| Growth |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **B - Money** |  |  |  |  |  |  |  |  | * **Net Worth:** What is your net worth today? How has that number changed over the past 12 months? * **Expenses:** How much does your life cost today? What are your total monthly expenses? Is your life more expensive, or less expensive, than it was 12 months ago? * **Savings:** How much money did you put aside for retirement over the last 12 months? Contributions + any other employer deducted savings in this calculation * **Giving:** How charitable have you been? What percent of your pre-tax income did you give away the past 12 months? What do you want that number to be for the coming year? * **Lifetime Savings Rate:** How well have you saved/invested the money that you have made? This is calculated by adding up all of the money you’ve made in your life |
| Net worth |  |  |  |  |  |  |  |  |
| Expenses |  |  |  |  |  |  |  |  |
| Savings |  |  |  |  |  |  |  |  |
| Givings |  |  |  |  |  |  |  |  |
| Lifetime Saving Rates |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **C - Growth, Knowledge, Skills** |  |  |  |  |  |  |  |  | * **Books: How many books did you read, or listen to the last 12 months?** * **Podcasts: How many non-news podcasts have listened to?** * **Courses: How many courses, seminars or programs did you participate in the past 12 months?** * **New Skills: How many new skills have you developed the past 12 months?** * **Money Spent: How much money have you spent on personal development the past 12 months?** * **Content Created: How much *original* content have you created and shared since January? (e.g. code developed, presentations delivered, trainings taught, memos / articles / blogs written, podcasts / videos produced, etc.)** |
| Books |  |  |  |  |  |  |  |  |
| Podcasts |  |  |  |  |  |  |  |  |
| Courses |  |  |  |  |  |  |  |  |
| New skills |  |  |  |  |  |  |  |  |
| Money invested in development? |  |  |  |  |  |  |  |  |
| Content created? |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| ... |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **D - Relationships/ Networking** |  |  |  |  |  |  |  |  | * **Quality Relationships:** How many “best” friends do you have? How many “deep” relationships? (Author Brene Brown calls them [“Marble Jar” friends](https://www.youtube.com/watch?v=6442YcvEUH8). I love that.) * **Relationship Trend:** Have you become more connected, or less, with your friends and colleagues the last 12 months? * **New Relationships:** How many new relationships, developed the past 12 months - have had the most meaningful positive impact on your life? |
| Quality relationships? |  |  |  |  |  |  |  |  |
| Relationship trends |  |  |  |  |  |  |  |  |
| New relationships |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **E – Health/ Energy** |  |  |  |  |  |  |  |  | * **Overall Energy:**Scale of 1-10 (where 10 = “as energized and excited as I can be”), how do I feel * **Sleep:** How many hours of sleep are you getting, on average? * **Exercise:** How many days/week do you break a sweat? * **Alcohol:** How many drinks are you consuming per week? (Entrepreneur Matt Mullenweg likes to say that “drinking is stealing happiness from tomorrow.” I’ve found that quote to be useful in helping me to curb my own alcohol consumption.) * **Body Mass Index (BMI):** This calculation uses your weight and height to estimate body fat and there are many free calculators online ([I like this one from Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/obesity/in-depth/bmi-calculator/itt-20084938)). It can be a useful benchmark for overall health. |
| Overall energy |  |  |  |  |  |  |  |  |
| Sleep |  |  |  |  |  |  |  |  |
| Exercise |  |  |  |  |  |  |  |  |
| Alcohol |  |  |  |  |  |  |  |  |
| Body mass index (BMI) |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

Optional subjects as per your choice:

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **F – Career?** |  |  |  |  |  |  |  |  | * **…** * **…** |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **G - …** |  |  |  |  |  |  |  |  | * **..** * **..** |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| ***Do I Do My Best in…*** | **Q1** | **Q2** | **Q3** | **Q4** | **Q1** | **Q2** | **Q3** | **Q4** |  |
| **F – …** |  |  |  |  |  |  |  |  | * **…** * **…** |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
| .. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |