

14-Day Self-Development Sheet

Each day, note one action, one habit, one pause, and one act of kindness.

Day	Date	Helpful Words	Small Habit	Pause Moment	Act of Kindness
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

At the end of 14 days, review your notes and set a clear focus for the next cycle.