

Sustained Growth Maintenance Plan

To help you *protect your transformation* and stay aligned with the habits, mindset, and purpose that built the new you.

This plan is like a maintenance manual for your soul — designed to help you stay rooted in who you've become.

Sections Overview

1. Anchor Check-In

Reflect on what keeps you grounded.

- “What practices keep me centered in my values?”
- “Who are my accountability people?”
- “What are the warning signs that I’m slipping back into old patterns?”

2. Growth Pillars

Identify 3–5 pillars that represent your new foundation — e.g.

- Faith & Spiritual Alignment
- Health & Energy Management
- Purpose & Service
- Relationships & Support System
- Vision & Legacy

Each pillar can include:

- **Daily** habits
- **Weekly** rituals
- **Monthly** reflections

3. The Drift Detector

When transformation fades, it happens slowly.

This section helps people *spot the drift* before it derails progress.

Prompts like:

- “What does it look like when I’m out of alignment?”
- “What helps me reset quickly?”
- “What truth do I need to remember when I feel lost again?”

4. Momentum Tracker

A practical, printable page for tracking:

- Weekly wins
- Challenges
- Gratitude notes
- Course corrections

(We could even add a mini “Momentum Meter” — a quick self-rating tool that helps people see their energy, focus, and peace scores over time.)

5. Quarterly Reset Plan

A quarterly reflection template for checking in with your growth:

- “What stayed strong?”
- “What needs pruning?”
- “What am I being called to grow into next?”