
30-Day Inner Voice Challenge: Results Template

Name: _____

Date: _____

Step 1: Reflections on Your Journey

1. Key Insights: What have you learned about your inner voice over the past 30 days?

2. Biggest Challenges: What challenges did you face while working on your inner voice?

3. Positive Shifts: Identify three positive changes you have noticed in your inner voice.

1. _____
 2. _____
 3. _____
-

Step 2: Creating Actionable Goals

4. Areas for Improvement: Based on your reflections, what are three specific areas you want to focus on moving forward?

1. _____
2. _____
3. _____

5. New Affirmations: Write down three positive affirmations to support your growth in these areas.

1. _____
 2. _____
 3. _____
-

Step 3: Building Your Plan

6. Action Steps: What specific actions will you take to nurture your positive inner voice? (List at least three actionable steps.)

1. _____
2. _____
3. _____

7. Support System: Who or what can you rely on for support as you continue this journey?

8. Check-In Schedule: Decide how often you will revisit your progress and reassess your goals. (e.g., weekly, bi-weekly, monthly)

Step 4: Embracing Growth

9. Mindset Cultivation: What practices will you incorporate into your routine to maintain a growth mindset?

10. Celebrating Progress: Identify how you will celebrate your achievements, no matter how small.

Conclusion: Your Commitment to Growth

Take a moment to write a personal commitment statement to yourself regarding your journey with your inner voice.

30-Day Inner Voice Challenge Feedback

Name: _____

Email: _____

1. Overall Experience

How would you rate your overall experience with the 30-Day Inner Voice Challenge?
(Please circle one.)

- Excellent
- Good
- Fair
- Poor

2. Positive Feedback

What aspects of the challenge did you find most beneficial?

3. Areas for Improvement

What did you find challenging or less effective in the challenge?

4. Suggestions

Is there anything you would have liked to see added or changed in the challenge?

5. Personal Insights

What was your biggest takeaway from the challenge?

6. Testimonials

Would you be willing to provide a short testimonial about your experience? (If yes, please write below.)

Return Email

Thank you for your valuable feedback! Please send your completed feedback form to:
Roy Knight The Inner Voice Guy
Email: info@royknight.co.nz

