

THE SCHOLAR'S ASCENT

# Scholar's Growth Journal

30-Day Guided Journal for Intentional Growth

Gratitude • Goals • Reflection • Growth

Created by Dr. Goodluck Ijezie-Desbois, PharmD

A Product of The Scholar's Ascent

*"We rise not by accident, but with intention."*

Reminiscent Road Media LLC • [thescholarsascent.org](https://thescholarsascent.org)

## This Journal Belongs To

Field	Your Info
Name	.....
Start Date	.....
End Date (30 Days Later)	.....

**REMEMBER**

"Growth is not about being perfect. It is about being better than you were yesterday."

## Welcome to Your Growth Journal

This journal guides you through 30 days of intentional growth. Each page helps you stay grounded, reflective, and motivated.

Section	Purpose	When
Morning Gratitude	Prime your mind for positivity	Morning
Today's Intention	Set a meaningful daily goal	Morning
Reflection Prompt	Unique daily prompts for deeper thinking	Anytime
What I Learned	Capture insights and lessons	Evening
Biggest Win & Struggles	Honest reflection and growth planning	Evening
Mood & Scholar Score	Track emotional and academic state	End of day

**COMMITMENT**

Show up every day. Even one sentence counts. Consistency beats perfection.

## My 30-Day Vision

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Who do I want to become in the next 30 days?

Top 3 Growth Goals:

1.

2.

3.

My Word / Theme for These 30 Days:

.....

## Day 1

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What is one thing I can learn from yesterday?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 1 of 30

## Day 2

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What challenge am I avoiding, and why?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 2 of 30

## Day 3

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *How did I show up as a scholar today?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 3 of 30

## Day 4

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What is one skill I want to strengthen this week?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 4 of 30

## Day 5

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *Who inspired me recently, and what can I learn from them?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 5 of 30

## Day 6

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What would I do today if I knew I could not fail?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 6 of 30

## Day 7

Week 1 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What is the most important lesson I have learned so far?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 7 of 30

# Week 1 Reflection

Pause. Reflect. Recalibrate.

## What I Learned This Week

## What Challenged Me

## What I'm Proud Of

## Growth I Noticed

Category	1	2	3	4	5
Effort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time Mgmt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate Your Week (1–10):

One Word:

One thing I'll do differently next week:

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The Scholar's Ascent • Week 1 of 4

## Day 8

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *How am I taking care of my mental health?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 8 of 30

## Day 9

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What habit is holding me back from my potential?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 9 of 30

## Day 10

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What am I most proud of this week?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 10 of 30

## Day 11

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *How can I be more intentional with my time today?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 11 of 30

## Day 12

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What does success look like for me this semester?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 12 of 30

## Day 13

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What is one thing I can do to help someone else today?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 13 of 30

## Day 14

Week 2 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What am I afraid of, and how can I face it?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 14 of 30

# Week 2 Reflection

Pause. Reflect. Recalibrate.

## What I Learned This Week

## What Challenged Me

## What I'm Proud Of

## Growth I Noticed

Category	1	2	3	4	5
Effort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time Mgmt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate Your Week (1–10):

One Word:

One thing I'll do differently next week:

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The Scholar's Ascent • Week 2 of 4

## Day 15

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What study strategy is working best for me right now?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 15 of 30

## Day 16

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *How do I handle setbacks? What can I improve?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 16 of 30

## Day 17

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What does my ideal daily routine look like?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 17 of 30

## Day 18

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What conversation do I need to have that I have been avoiding?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 18 of 30

## Day 19

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *How am I growing compared to who I was 30 days ago?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 19 of 30

## Day 20

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What is one belief about myself I want to change?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 20 of 30

## Day 21

Week 3 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What am I doing today that my future self will thank me for?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 21 of 30

# Week 3 Reflection

Pause. Reflect. Recalibrate.

## What I Learned This Week

## What Challenged Me

## What I'm Proud Of

## Growth I Noticed

Category	1	2	3	4	5
Effort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time Mgmt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate Your Week (1–10):

One Word:

One thing I'll do differently next week:

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The Scholar's Ascent • Week 3 of 4

## Day 22

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *How do I define discipline? Am I living up to that definition?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 22 of 30

## Day 23

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What would I tell a friend who is struggling the way I am?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 23 of 30

## Day 24

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What is the most valuable thing I learned this week?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 24 of 30

## Day 25

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *How can I turn today's challenges into tomorrow's strengths?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 25 of 30

## Day 26

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

### Reflection: *What does it mean to be a scholar?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 26 of 30

## Day 27

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What is one area where I have seen real improvement?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 27 of 30

## Day 28

Week 4 • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *Who is in my corner, and how can I show them gratitude?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 28 of 30

# Week 4 Reflection

Pause. Reflect. Recalibrate.

## What I Learned This Week

## What Challenged Me

## What I'm Proud Of

## Growth I Noticed

Category	1	2	3	4	5
Effort	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time Mgmt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Rate Your Week (1–10):

One Word:

One thing I'll do differently next week:

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The Scholar's Ascent • Week 4 of 4

## Day 29

Week 4+ • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *What legacy do I want to leave in my academic journey?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 29 of 30

## Day 30

Week 4+ • Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Today I'm Grateful For

1.

2.

3.

### My Intention for Today

**Reflection:** *Looking back on these 30 days, what has changed in me?*

### What I Learned Today

### My Biggest Win

### Something I Struggled With

### How I'll Grow From This

**MOOD:**  Great  Good  OK  Low  Rough

**SCHOLAR SCORE**  
\_ /10

The Scholar's Ascent • Day 30 of 30

# End-of-Month Reflection

Celebrate. Learn. Plan Forward.

**The biggest change I notice in myself:**

## My Top 3 Wins This Month

1.

2.

3.

**The habit that made the biggest difference:**

**Something I still want to work on:**

**A letter to myself for the next 30 days:**

**Overall Month Rating:** \_\_\_\_\_ / 10

*“We rise not by accident, but with intention.”*

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