

NAME:

MONTH:

Monthly Reflections

Take a deep breath. Experience is the best teacher. Allow yourself this time to truly reflect on where you are, where you want to be and what is standing in your way.

Where am I now?

My two biggest challenges this month and how I overcame them:

What could I have done differently last month?

What habits did I develop, cultivate or strengthen this month?



What was last month's overall mood? (use several different words or phrases)

What mood do I want to create for this month?

What actions do I need to take to achieve the mood I want for this month?

Affirmations that support this month's goals:
