

MONTHLY REFLECTION

- 1. What did you accomplish this past month which you are most proud of?**
- 2. What were your greatest lessons this month?**
- 3. What was your biggest priority this past month? Did you achieve it?**
- 4. How have you changed and are different this month as compared to the last?**
- 5. What do you need to stop doing or do less of?**
- 6. What do you need start doing or do more of?**

MONTHLY PLANNING

- 1. What is the one thing that I must accomplish this month?**
- 2. What are some concrete steps I can take to achieve this?**
- 3. What are my other priorities and areas of focus for this month?**
- 4. How am I going to challenge myself to grow this month?**
- 5. What do I want to read or learn this month?**
- 6. What changes do I need to make to my morning or evening practices?**
- 7. What changes do I need to make to my daily keystone habits?**

