## **QUARTERLY REFLECTION**

1. What did I accomplish in this past quarter?

2. What were my major setbacks or challenges this past quarter?

3. Which areas of life do I need to bring a greater focus to this quarter?

4. Overall, how do I feel about the past three months?

## Journal Page

## **QUARTERLY PLANNING**

1. How do I want to feel over the next three months?

2. What do I want to start doing / do more of / do less of / stop doing?

3. What is ONE THING I can accomplish in the next three months that would impact my life in a meaningful way?

4. What beliefs or values that I hold will most assist me in achieving my goals for the next quarter?

5. What do I want to study and learn this quarter?

## Journal Page