

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?**



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?**



