

[7.5] MONTHLY & QUARTERLY REVIEWS_

Session 7: Build Your LifeOS

Once a month (and at the end of each quarter), ask:

1. What progress did I make on my 12-month vision and current quest?

2. Which keystone habits stuck? Which didn't?

3. What experiments worked? What do I need to adjust?

4. What do I need to drop, add, or change for next month/quarter?