



monthly reflection

end-of-month clarity prompts

MONTH / YEAR _____

01 HIGHLIGHTS & GRATITUDE

three good things from this month:

1. _____
2. _____
3. _____

02 CHALLENGES

what was hard this month? how did you cope?

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03 LESSONS LEARNED

something you now know that you didn't 30 days ago:

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04 EMOTIONAL WEATHER

if this month were weather, what would it be? why?

05 CONNECTIONS

who showed up for you? who did you show up for?

06 LETTING GO

what can you leave behind as you enter next month?

07 LOOKING AHEAD

one word to carry into next month:

one intention (not a goal—just a direction):

every month is another chapter. yours is worth writing.