

# monthly reflection

end-of-month clarity prompts

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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?

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#### 05 CONNECTIONS

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

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#### 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.*