

END OF THE MONTH

reflection

ACHIEVEMENTS

MILESTONES REACHED:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

HEALTHY HABITS FORMED:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

CHALLENGES OVERCOME

OBSTACLES FACED:

- 1. _____
- 2. _____
- 3. _____

HOW I OVERCAME THEM:

- 1. _____
- 2. _____
- 3. _____

NEW GOALS

1.
2.
3.

EMOTIONAL WELLNESS

PHYSICAL WELL-BEING

NOTES