REFLECT ON YOUR MONTH

"The more you praise and celebrate your life, the more there is in life to celebrate." Oprah Winfrey

Month: _____ Year _____

1. CELEBRATE MY TOP 3 ACHIEVEMENTS

1. _____
2. _____
3. _____

close your eyes, visualize and be grateful for each achievement.

2. What did I learn this month?

_____

3. Distractions/Mental Blocks/Obstacles/Fears

_____

4. How did I make myself feel good?

_____

5. What did not happen? Why?

_____

6. People I learned from and inspired me

_____

7. What actions can I take to improve?

_____

8. What are the greatest insights I gained this month?

_____

9. Did I stay in flow, enjoying the journey regardless the outcome?

_____

10. What did I learn from watching my emotional vibration daily? What was the most common emotion? How did I manage it?

_____

11. Did I fully enjoy whatever I was doing, was I really "there" or was I just showing up? How can I be more present?

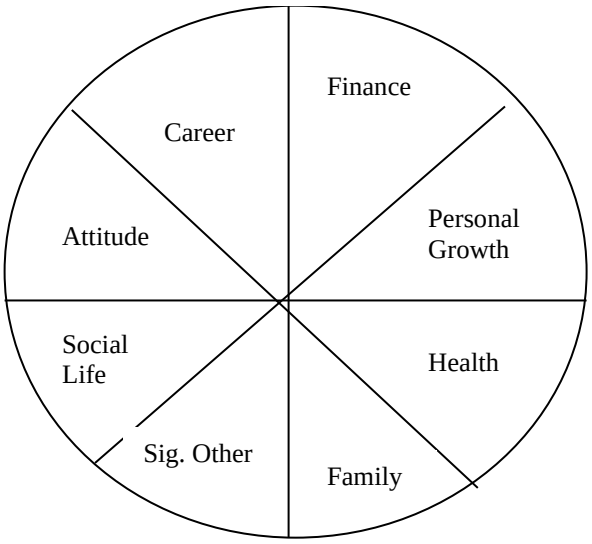
_____

12. The Big Goal I will achieve next month is:

_____

Was I in Balance?

Rate each area 1 to 10



Write: None, Some, Daily, Weekly

How Did I Do This Month With:

Affirmations: _____
Visualization: _____
Prayer/Meditation: _____
Journaling: _____
Reading: _____
Exercise: _____
_____
_____
_____
_____

Thoughts / Ideas / Dreams: