



Reflection

What life lessons did you learn in the last month?

Large light blue rounded rectangular area for writing answers to the first question.

Did you achieve your goals for last month? What could you do better?

Large light blue rounded rectangular area for writing answers to the second question.

What I read, watched, listened to:

Seven horizontal dotted lines for writing answers to the third question.

Things I'm grateful for:

Seven horizontal dotted lines for writing answers to the fourth question.

If I had to sum up last month in three words they would be:

Three horizontal dotted lines for writing answers to the fifth question.

Goals



Physical health goals:

Mental health goals:

Things I want to do more:

.....

.....

.....

.....

.....

.....

.....

.....

Things I want to do less:

.....

.....

.....

.....

.....

.....

.....

.....

New things I want to try:

.....

.....

.....

.....

.....

.....

.....

.....