

REFLECTION

Highlights of the last month:

Large empty rounded rectangular box for writing highlights.

Lowlights of the last month:

Large empty rounded rectangular box for writing lowlights.

Did I achieve last month's goals?
If not, what can I do differently?

Eight horizontal dotted lines for writing answers.

Things that really helped me last month:

Eight horizontal dotted lines for writing answers.

GOALS



Work/school/life goals:

Large empty rounded rectangular box for writing work/school/life goals.

Affirmation/Motto for the month:

Three horizontal dotted lines for writing an affirmation or motto.

Mental health goals:

Seven horizontal dotted lines for writing mental health goals.

New things I want to try/learn this month:

Eight horizontal dotted lines for writing new things to try or learn.

Physical health goals:

Seven horizontal dotted lines for writing physical health goals.