

MONTHLY RESET REFLECTION

COMPLETE THIS RESET AT THE END OF THE MONTH

Month of _____

DID I STAY CONSISTENT WITH MY GOALS? IF NOT, WHY?

WHAT GOALS DID I ACHIEVE?

AM I SPENDING TOO MUCH OR TOO LITTLE TIME ON A CERTAIN AREA IN MY LIFE?

WHAT COULD I HAVE DONE BETTER THIS MONTH?

BEST + WORST MOMENTS?

BRAIN DUMP