

Monthly Review & Reset

Close the month honestly before you plan the next one.

MONTH REVIEWED

DATE COMPLETED

Look back

- 1

What actually got finished this month?
- 2

What did not get done – and was it a time problem or a wanting-to problem?
- 3

What drained the most energy for the least return?
- 4

What went better than expected?
- 5

Which habit held up, and which one quietly died?

Look forward

- 1

What is the single most important thing for next month?
- 2

What am I removing from the calendar to make room for it?
- 3

What support or tool do I need that I did not have?

MONTH RATING

ENERGY TREND

CARRY FORWARD