

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

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ENERGY TREND

CARRY FORWARD
