



Monthly Reflection

ENERGY

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BIG EVENTS THAT HAPPENED THIS MONTH WERE ...

THREE THINGS I AM MOST PROUD OF MYSELF FOR ARE ...

THE AREAS I STRUGGLED MOST IN THIS MONTH WERE ...

ONE DECISION I COULD HAVE MADE TO IMPROVE MY LIFE THIS MONTH IS ...

TWO THINGS I LEARNED ABOUT OTHERS THIS MONTH ARE ...

THREE THINGS I LEARNED ABOUT MYSELF THIS MONTH WERE ...

IF I CONTINUE DOING THIS ONE THING, I KNOW THIS WILL HAPPEN ...

IF I STOPPED DOING THIS ONE THING, MY LIFE WILL IMPROVE IN THIS WAY ...