



# Monthly Review

Month: \_\_\_\_\_

## GOAL PROGRESS REVIEW

1. \_\_\_\_\_  Done  Partial  Missed
2. \_\_\_\_\_  Done  Partial  Missed
3. \_\_\_\_\_  Done  Partial  Missed
4. \_\_\_\_\_  Done  Partial  Missed
5. \_\_\_\_\_  Done  Partial  Missed

## WINS & ACCOMPLISHMENTS

*What am I proud of this month?*

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## WHAT DIDN'T WORK

*What would I do differently?*

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## ENERGY & TIME REFLECTION

	Very Low	Low	Medium	High	Very High
Overall energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work-life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## LESSONS & KEY INSIGHTS

*What patterns did I notice? What did I learn about how I work best?*

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## INTENTIONS FOR NEXT MONTH