

12 Fresh Starts! [Getting focused & month-end review]

12 chances to reflect, reset and redirect! 12 times for intentional goal getting and setting!
Use the top section at the start of the month; the bottom at the end. Keep it short and to the point!

Month:

Focus/intention/goal:

Which actions (steps/micro goals) WILL I do?

Month--end review

Where are you now, in relation to your focus/goal?

Which actions (micro steps/goals) DID I do?

What didn't work? What are/were my challenges? (This could be left blank if you are slaying it!)

What did work and/or what will you try next time? (List anything that feels like it moves you towards your focus, no matter how small; this area may be blank if not required!)

Insights/Lessons learned:

Remember R.I.S.E.

Release negative thoughts, emotions and self-talk.

Investigate what didn't work (don't agonize, simply acknowledge and collect the data)

Set a new or revised plan with intention; include steps needed so you know your actionables

Execute with focus, optimism and openness!

a little bit better