

Monthly Plan



This Months Goals:



Skills to Learn:



Places to Go and People to See:



Habits to Adopt:

Things to Avoid:



Monthly Review



What were the biggest wins?



What were the biggest lessons learned/insights gained?

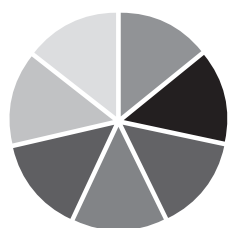
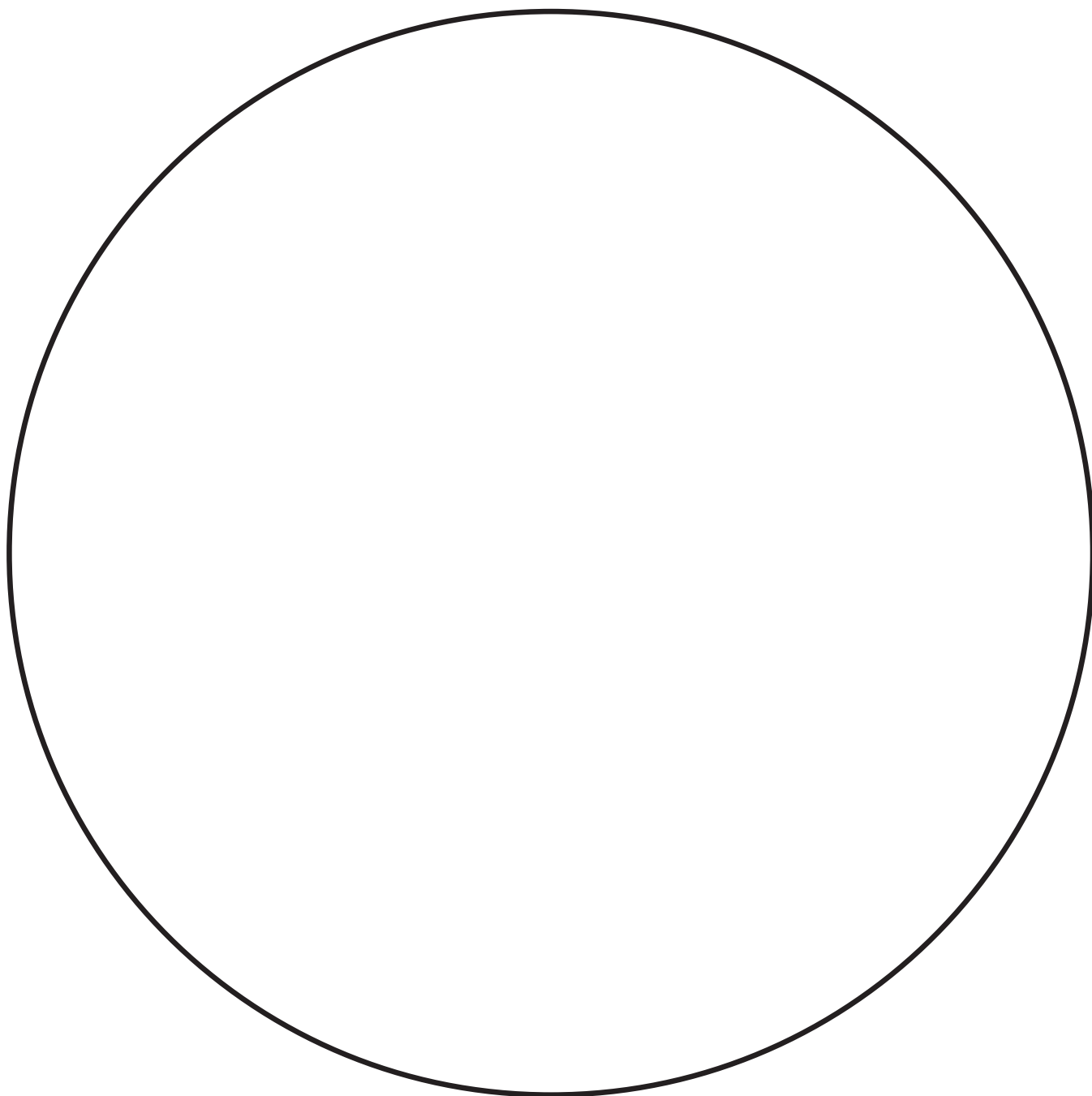
Rate 1-10 your past month using the life balance wheel areas. With 1 being “I did not focus on this area this month” and 10 meaning “I achieved all I wanted in this area this month.”

1 2 3 4 5 6 7 8 9 10



Which life areas were lacking and why?

Monthly Life Balance



Segment the pie chart showing your monthly balance of the following:

**WORK, BUDGET, RELATIONSHIPS,
SPIRITUAL, HEALTH, FUN, GIVING BACK**

Monthly Life Balance



What tasks were not accomplished and why?



How do I feel about my progress?



I am excited and looking forward to:



How I will improve next month:



Daily Planning Sheet



Write down your top 10 goals, as if you've already achieved them:

(EXAMPLE: RAN A 5 KM RACE)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Pick the top 3:



What can you do today towards these top 3 goals?



What did I learn today?



What am I thankful for?



How will I do better tomorrow?