



MONTHLY SELF REFLECTION

How can you be even better this month?

When we're thinking of big ideas, goals, aspirations, and ways we can continue to enhance our life, we tend to miss the important re-evaluation process that needs to take place as well. Sometimes, all we need is a monthly reflection which helps us reflect back on what we learned, how we performed, and how we can be challenged even more in the present month.

How can we know exactly where we will be in 6 months or a year? What we do know, is where we presently are at. We know what current struggles we are facing, and what prior struggles we have overcome to get where we are now.

Below are a few questions to help you reflect back on how great you are, and to help you begin to prioritize your present goals at-hand. While there's always time to celebrate, there's no time to waste in getting your goals ready to rock n' roll. If you run out of room to type or write your answers, then by all means keep the flow going on a separate document or piece of paper! Get as in depth as you can be!

What defines you, and what you can accomplish, is not solely a set of beliefs. It is the core values which you choose to live by as truth. Your values define the compass which guide your actions.

You can't change what happened in the past, but you can take a stronger step forward today.



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What did you accomplish last month?

PERSONAL	PROFESSIONAL
Looking over the last month, what are 5 things that you did that you are the most proud of?	
Looking over the last month, what are 5 ways that you challenged yourself?	
Looking over the last month, what have been your top 5 lessons learned or reaffirmed?	



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How can you better yourself this month?

PERSONAL	PROFESSIONAL
What are your top 3 goals you want to achieve this month? Think BIG. How can you really challenge yourself?	
Which goal is the most important goal that you need to tackle?	
What would be holding you back from achieving this goal?	
What do you need to change to achieve this goal?	
How might you feel if you make these changes? Get in depth. What may change as a result of accomplishing this?	