

MONTHLY REVIEW v1

# Introduction

This monthly review has been carefully designed to help you explore your previous month and plan for the following month. In future months, use the previous month’s review to see how you worked towards the goals you had set for yourself.

# How to Fill This Out:

In the summary section, use paragraph form to reflect on your month and write up a quick summary reflecting on your highs and lows and make this as detailed as you like)

It helps you analyze your life in the following three key categories:

1. **Professional/Business:** This includes your job and any other money making ventures you have, soft & technical skills, education, bank accounts, self-improvement and personal development.
2. **Personal:** Reflect on your collection of material things, your friends and circle of influence, your family.
3. **Spiritual/Health:** Spiritual in this sense is your mind, your soul. How connected are you with yourself? DO you take time to reflect and meditate? How well do you know yourself? And with Health, how are you tracking to your ideal self? Do you take better care of your pets then you do yourself? What does that tell you about your self-worth? What is your happiness level?

At the end, you are asked for your goals for the next month and the purpose. Writing the purpose of those goals is very important to help you get emotionally invested into those goals, and as a result, more likely that you will accomplish them.

MONTHLY REPORT

**January 2017**

# Summary:

(quick recap of the month)

# Professional/Business:

**Positive**

**Negative**

# Personal:

**Positive**

**Negative**

# Spiritual/Health

**Positive**

**Negative**

# Goals for Next Month and Purpose