

GRATITUDE

LAST MONTH IN REVIEW

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HIGHLIGHTS OF THE MONTH

- 1 _____
- 2 _____
- 3 _____

WHAT IS SOMETHING NEW YOU'VE LEARNED?

WHAT WERE SOME OF THE CHALLENGES YOU FACED?

WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

ON A SCALE OF 1-10 (1 BEING BAD, 10 BEING BEST), HOW WOULD YOU RANK LAST MONTH OVERALL

1 2 3 4 5 6 7 8 9 10

Mostly Tough Days

Mostly Good Days



GRATITUDE

NEW MONTH

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THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?
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HOW DO YOU WANT TO FEEL?
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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

IF YOU COULD DO ONE THING FOR YOURSELF THIS MONTH TO FEEL ACCOMPLISHED, WHAT WOULD THAT BE?
