

Monthly Reflection Journal

Month: _____

Successes

How does it make me feel?

Challenges

How can I improve it?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed
(Good & Bad)

Three things that I am most grateful for this month:

Two life lessons I learned this month:

One word that best describes this month:

How I rate this month?

