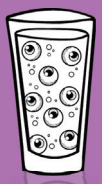
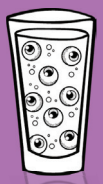


# MONTH REFLECTION



## FEBRUARY

### HOW DO YOU FEEL YOUR LAST MONTHLY GOALS WENT ON A SCALE OF 1-10?

1 2 3 4 5 6 7 8 9 10

**WHY DID YOU GIVE YOUR MONTH THAT SCORE?**

_____

_____

**WHAT LESSON(S) DID YOU LEARN LAST MONTH?**

_____

_____

### FAVORITE MOMENTS OF LAST MONTH:

**MOMENT #1**

**MOMENT #2**

**MOMENT #3**

### RANK YOURSELF IN THESE AREAS:

**MENTAL HEALTH ...**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

**PHYSICAL HEALTH ...**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

**MINDFULNESS ...**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

**CAREER ...**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |

**FINANCES ...**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
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_____ ...

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