

Monthly Reset

FOR RESETTING YOUR MINDSET, GOALS AND PRIORITIES AT THE BEGINNING OF EACH MONTH

MONTH | JAN FEB MAR APR MAY JUN JUL
(circle) AUG SEP OCT NOV DEC

Tasks to Complete

Three Feelings I'm Striving to Attain This Month

Piece of Advice:
Try to divide your tasks into "Must Do" and "Should Do" to give yourself leniency when deciding timelines/deadlines

Where Do I Want to be at the End of the Month

Financially:

Physically:

Spiritually:

Budget/Expenses to Keep in Mind

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Additional Questions To Ask Yourself:

What will I get when I reach my goals for this month?

What strengths of mine will help me achieve my goals?

What can I do/say/think/feel that will bring me joy this month?

What is standing between me and my biggest goal for the month?

How can I make my unrealistic goals more realistic?

What is one change I hope to make this month?

Is there anything I am avoiding/running away from?

What can I improve about my way of communicating with others this month?