

MONTHLY LEARNING REVIEW

3 great things that happened to me last month were ...

3 things I learned about myself this past month were ...

3 things I learned about others - partner, loved ones, friends, team, customers, etc.- were ...

My gratitude list for this month includes these moments ...

The main thing I could have done better this month was ...

. and if I were advising or mentoring someone dealing with the same struggle, I'd advise them to ...

Someone I really connect to this month was (describe the memory briefly) ...

The biggest decision I made this month that I need to stick to was...

WHOLE LIFE ASSESSMENT

Overall mood	1 2 3 4 5 6 7 8 9 10
Learning & reading	1 2 3 4 5 6 7 8 9 10
Love and Spouse	1 2 3 4 5 6 7 8 9 10
Health	1 2 3 4 5 6 7 8 9 10
Food (amount & quality)	1 2 3 4 5 6 7 8 9 10
Exercise	1 2 3 4 5 6 7 8 9 10
Sport	1 2 3 4 5 6 7 8 9 10
Family	1 2 3 4 5 6 7 8 9 10
Friends	1 2 3 4 5 6 7 8 9 10
Work	1 2 3 4 5 6 7 8 9 10
Finance	1 2 3 4 5 6 7 8 9 10
Happiness, fun, laughing, humor	1 2 3 4 5 6 7 8 9 10
Creativity and inspiration	1 2 3 4 5 6 7 8 9 10
Thoughts and emotions	1 2 3 4 5 6 7 8 9 10
The present	1 2 3 4 5 6 7 8 9 10
The future	1 2 3 4 5 6 7 8 9 10

Potential inspirations and aspirations (goals) for the long run:

1 year

3-5 years

7-10 years