

Brainstorming

Use this space to work out the above questions as needed

Goal Breakdown

Use these boxes to break down how each aspect of your life feels and how you could improve it.

FAMILY & FRIENDS

SPIRITUALITY

PERSONAL DEVELOPMENT

FINANCES

MARRIAGE

CAREER

FUN & RECREATION

HEALTH & FITNESS

HOME ENVIRONMENT

Month Review

I am grateful for

What's going well

I am enjoying

What could go better

what I am letting go

I'm saying no to

so I can say yes to

Brain Dump

Has to get done

I'm excited for

Worries

Anything else

Brainstorming

Monthly Ideas

Weekly Ideas

Daily Ideas