

A person with curly hair, seen from behind, sits on a boat on a calm lake. The sun is setting behind mountains, creating a warm, golden glow. The person's reflection is visible in the water.

Personal Transformation

MONTHLY WORD CHECK-IN

Sequita Myers-Carlisle



January

My Word: _____

1. Alignment

1. How did I live aligned with my Word this month?

2. Awareness

1. Where did I struggle, hesitate, or drift away from my Word?

3. Wins

1. What wins—big or small—do I want to celebrate this month?

4. Next Month Focus

What are **three goals or intentions** I want to carry into next month?

5. Community Sharing

1. Did I share my Word or my journey with anyone this month? Who am I inviting into accountability or encouragement next month?

Monthly Prayer

God, help me walk faithfully in my Word, grow through what I notice, and step forward with clarity and courage into the next month. Amen.

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Monthly Word Check-In is a powerful tool for personal growth and reflection, inviting readers to choose a guiding word each month. Through prompts that encourage alignment, awareness, and celebration of wins, it fosters intentional living and community connection. Embrace the journey of self-discovery and accountability as you cultivate clarity and courage in your life.