Monthly *Reflections*

Self-inquiry and expansion

created and made by @caitlinsway

This *journal* belongs to

Set an alarm in your calendar *at the end of each month* to reflect.

January

month one

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

February

month two

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

What self-love or self-care practices felt really good?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

March

month three

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

Are you happy with how you spent your time this past month? If not, how can you adjust next month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

April

month four

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How has forgiveness played a role in your life this month?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

May

month five

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

June

month six

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

How did you incorporate more fun into your life this month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

July

month seven

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

Have you been able to slow down and appreciate your surroundings? If not, why?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

August

month eight

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

When negative thoughts come up, what can you do to switch your mindset?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

September

month nine

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

October

month ten

Self-inquiry

Date

What was the most memorable part of this past month?

What are your core values? Are your actions in alignment with your values?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

November

month eleven

Self-inquiry

Date

Describe in detail a moment you were truly present. How did It make you feel?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

What are your primary areas of focus in your personal, professional, and spiritual life in the coming month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

December

month twelve

Self-inquiry

Date

What was the most memorable part of this past month?

What was the biggest lesson this past month has taught you?

What's your proudest accomplishment from the past month?

What and/or who are you most grateful for this past month?

Expansion

Date

How are you different between this past month and the month before it?

Name 3 things you can improve on this upcoming month & write down concrete actions towards each.

In what ways were you extra generous this past month?

From 1-10, how did you feel overall about your life this past month?

Monthly Free Write

Date

Annual *Reflections*

Self-inquiry

Date

What are 3 of the most memorable parts of this past year?

What was the biggest lesson this past year has taught you?

What are 3 of your proudest accomplishments from the past year?

What and/or who contributed to your gratitude this year?

Expansion

Date

How are you different between the first month and the last month of this year?

What is one thing you want to improve on next year?

What are 3 things your want to incorporate into your daily life next year?

From 1-10, how did you feel overall about your life this past year?

Free Write

Date

Free Write

Date

Free Write

Date

Free Write

Date

Free Write

Date

Thank *You*

Until **next year**

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