

# Reflecting

## MINDFULLY ON YOUR MONTH

Connect deeply by reflecting with a family member, a significant other or a friend.

### SELF ASSESSMENT

RATE EACH AREA OF YOUR LIFE ON A SCALE OF 1 -10

<input type="text"/>	Mental Health	<input type="text"/>	Variety & Adventure	<input type="text"/>	Laughter & Play
<input type="text"/>	Physical Health	<input type="text"/>	Growth & Education	<input type="text"/>	Spirituality
<input type="text"/>	Nutrition	<input type="text"/>	Career	<input type="text"/>	Gratitude
<input type="text"/>	Love & Connection	<input type="text"/>	Financial Management	<input type="text"/>	Contribution & Giving

### TOP ACCOMPLISHMENTS

What specifically have you achieved?

### BIGGEST CHALLENGE

How did you face it?

### APPRECIATIONS AND GRATITUDE

What or who are you grateful for this month?

### PASSIONS AND CONNECTIONS

What did you experience this month?

### LESSONS LEARNED THIS MONTH

Do you have any key insights?

### TO DO DIFFERENTLY NEXT MONTH

Based on the above, can you change one thing?