

# Monthly Review & Reflection

Month:

Word or theme of the Month:

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What went well this month?:

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What challenges did I face, and how did I handle them?

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Highlights or milestones

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How do I want to move forward?

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## Mood & Habit Tracker

Energy Level: ○ Low ● Medium ● High

Mood: Choose your own symbols

Day	Energy	Mood	Notes:
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# Monthly Journal Prompts For Reflection & Planning

Use these prompts at the end (or start) of each month to check in with yourself. You don't need to answer all at once—just choose the ones that resonate most.

## Looking Back

1. What felt most meaningful to me this month?
2. What did I learn—about myself, others, or life?
3. What challenged me, and how did I respond?
4. What moments am I grateful for?
5. When did I feel most alive or aligned?
6. Where did I spend most of my time and energy?
7. What habits or patterns showed up again?
8. What am I proud of—big or small?
9. What did I let go of? What's still lingering?
10. What surprised me this month?

## Looking Ahead

11. What do I want to carry forward into the next month?
12. What needs to shift, soften, or change?
13. What would support me better moving forward?
14. How do I want to feel next month?
15. What boundaries, rituals, or habits do I want to try?
16. What area of my life is asking for more attention?
17. What am I craving more of? Less of?
18. What would it look like to live with more intention next month?
19. What would make next month feel successful or fulfilling?
20. What's one small, doable step I can take toward my growth?

Notes:

[illegible]