

# MONTHLY REVIEW

Grab the last Monthly Planning worksheet you filled out. Look over your chosen habit and tasks. Add any notes on that paper about major events or surprises that took place. For example, if you find out you're pregnant, that's a big deal! Jot down a note about that. After reviewing those pages, fill out the following:

## ▶ What's Working

Where are you crushing it? What are you really proud of? What rocked during the last month?

## ▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this month? What left you feeling disorganized or discouraged? Do you notice any patterns or bad habits forming? What people or bad habits are holding you back?

## Brainstorming Plans for Next Month

Look over your Annual Plan and your Annual Habit Schedule to get an idea of what you can tackle in the upcoming month. Take 5-10 minutes to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last month. Review the Motivation Equation again and Be A Scientist! This is the time to revise your expectations and add or take out any tasks from your Annual Plan.