

ANNUAL REVIEW

Grab last year's Annual Plan, all the Monthly Plans and review sheets you've filled out this year. Review them slowly and thoughtfully. Add any notes on that paper about major events or surprises that took place. 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 year?

▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this year? 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 Year

After reviewing last year and thinking about the positive things you want to carry over and the negative things you want to lose or improve, take 5-10 min. to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last year. Review the Motivation Equation again and Be A Scientist! This is the time to revise your expectations and make your plans for next year.

QUARTERLY REVIEW

Grab the last three Monthly Plan worksheets you filled out. Look over them. 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 three months?

▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this quarter? 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 Quarter

Look over your Annual Plan and your Annual Habit Schedule to get an idea of what you can tackle in the upcoming quarter. Take 5-10 minutes to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last quarter. 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.

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.

WEEKLY PLAN

Review the habits and tasks you laid out in your Monthly Plan and write down the ones that need to be accomplished this week. At week's end, come back to this worksheet and do a weekly review before making next week's plan.

WEEK OF:

Habit I'm Focusing On:

Frequency:

Important Dates (Anniversaries, Birthdays, Feast Days, Holy Days of Obligation etc.):

Memory Verse:

TASK

COMPLETION DATE

Weekly Review

▶ **What's Working?**

▶ **What's Not Working?**

Rollover any uncompleted tasks that you still want to complete to next week's plan.