

Monthly Review Worksheet

Reality by Design • December 16

A monthly review helps you step back, assess your progress, identify patterns, make necessary adjustments, and celebrate your wins. Schedule this at the end of each month for maximum clarity and momentum.

Month:

1. Progress Tracking

Review your major goals. What progress did you make this month?

Goal	Progress Made

2. Pattern Identification

What patterns emerged this month? What consistently worked or didn't work?

Positive patterns (what's working well):

Negative patterns (what's holding me back):

3. Course Corrections

Based on this month's results, what adjustments will you make?

What will I start doing?

What will I stop doing?

What will I continue doing?

4. Celebration of Wins

What are you most proud of this month? Celebrate ALL victories!