

# MONTHLY REFLECTIONS

What are your top 10 achievements?

**VISUALIZE & CELEBRATE THEM!!!**

What did I learn this month?

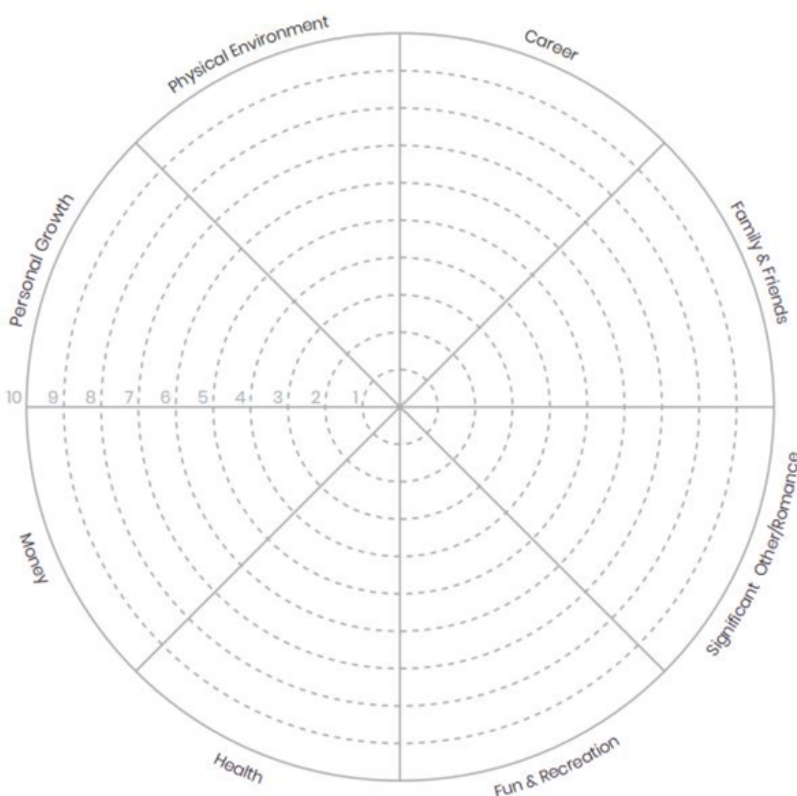
What distractions or blocks/fears came up?

How did you make yourself feel good?

What didn't happen and why?

What actions can you take to improve?

**HAVE YOU CREATED BALANCE??**



## **MONTHLY Intentions :**

What's your FEEL GOOD intention?  
Skills/habits to learn or embody?

DESIRED GOALS FOR THIS MONTH?

- 1.
- 2.
- 3.

ACTION STEPS TO TAKE FOR EACH GOAL ?  
INCOME GOAL?  
ideas / gratitude/ notes / flow / mind map

### **Things to think about ...**

If you want a specific income, or launching an offer/offers -  
reverse engineer and declare your intentions

What \$ are you are calling in for each offer?

Your launch and offer timelines

Your own energy, balance and social media presence

Im all about aligned ACTION but also a sprinkle of planning  
and strategy!!

# GENERAL MONTHLY CHECK IN

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RIGHT NOW I AM FEELING:

WHAT TOP THREE THINGS DID YOU ACHIEVE THIS MONTH

- 1.
- 2.
- 3.

EXTRAS:

WHAT WAS FUN ABOUT THIS MONTH?

WHAT WAS CHALLENGING ABOUT THIS MONTH?

WHAT DID NOT HAPPEN AND WHY?

THREE THINGS I AM GRATEFUL FOR

- 1.
- 2.
- 3.

# NEW MONTH INTENTIONS

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What is your highest intention for the Month ahead?

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WHY DO YOU WANT THIS?

What are 3 Other goals for you to tick off your list this month?

- 1.
- 2.
- 3.

What is your baseline ACTIONS to make these happen?

- 1.
- 2.
- 3.

How do you want this month to feel? What's one word you'd use to describe it?.

**BE. DO. HAVE.**

**Be** who you need to be, **Do** what you need to do, **Have** the results you want to have!

# NEXT LEVEL VERSION OF ME.

How does this woman think?  
Whats her standards for herself?  
What do her beliefs and mindset look like?  
What are her daily habits and rituals?  
Non negotiables?  
What will she no longer tolerate?  
What are her boundaries?  
What does her dreamlife look like in 2, 5, 10 years from now?

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## TASK

+ HOW ARE YOU SHOWING UP NOW

+ HOW DO YOU WANT TO SHOW UP

+ WHAT DO YOU NEED TO DO TO FILL THE GAP

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## SELF SABOTAGE BEHAVIOUR ACTIONS

WHATS GOING ON FOR ME RIGHT NOW?

HOW CAN I SELF SOOTHE?

WHAT KIND OF SUPPORT CAN I GIVE MYSELF OR ASK FOR RIGHT NOW ?

