



STATE OF YOU

action plan

Desire

Motivation

Core Values

Start Date

Deadline

How will you celebrate?

Obstacles to overcome

Visual, word or mantra

Big steps

Little steps

Notes



EVERYTHING
YOU NEED
IS WITHIN
YOU

MONTHLY CHECK-IN

January

Action plan for the month



How can you overcome potential obstacles?



<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan

Progress made this month:

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?

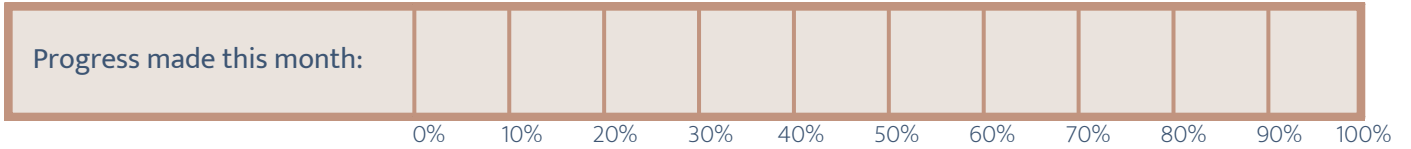
MONTHLY CHECK-IN

February

Action plan for the month

How can you overcome potential obstacles?

<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan



Month End Musings:
What thoughts, ideas, or words of gratitude would you like to capture from this month?

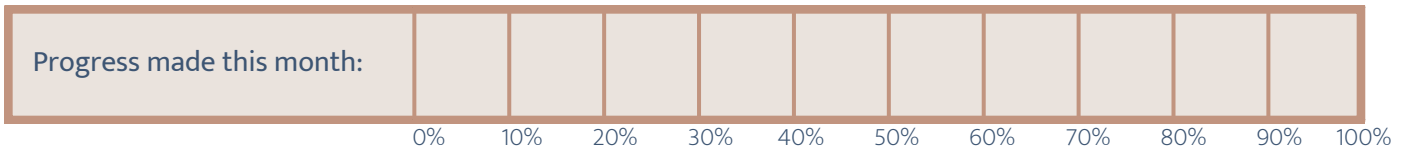
MONTHLY CHECK-IN

March

Action plan for the month

How can you overcome potential obstacles?

<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan



Month End Musings:
What thoughts, ideas, or words of gratitude would you like to capture from this month?

KEEP GOING.
KEEP GROWING.



MONTHLY CHECK-IN

April

Action plan for the month



How can you overcome potential obstacles?



<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan

Progress made this month:



Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?

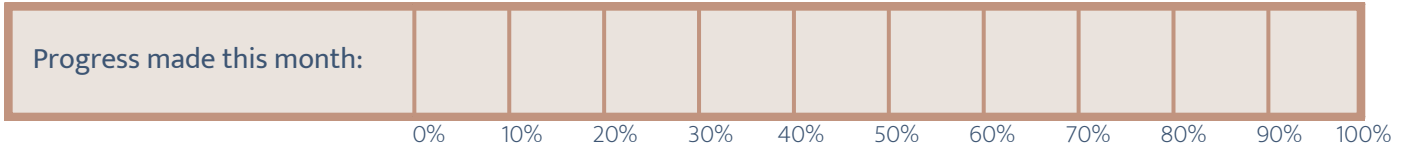
MONTHLY CHECK-IN

May

Action plan for the month

How can you overcome potential obstacles?

<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan



Month End Musings:
What thoughts, ideas, or words of gratitude would you like to capture from this month?

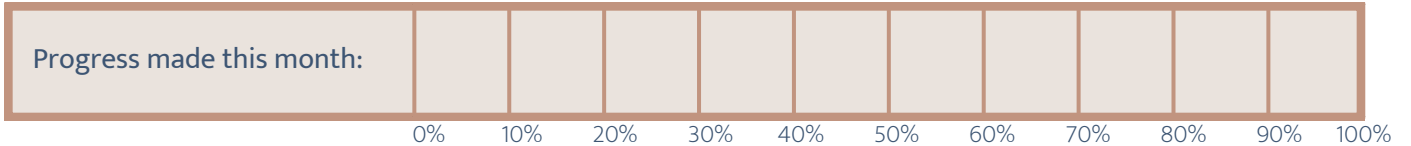
MONTHLY CHECK-IN

June

Action plan for the month

How can you overcome potential obstacles?

<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan



Month End Musings:
What thoughts, ideas, or words of gratitude would you like to capture from this month?



MONTHLY CHECK-IN

July

Action plan for the month



How can you overcome potential obstacles?



<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan

Progress made this month:



Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?

MONTHLY CHECK-IN

August

Action plan for the month



How can you overcome potential obstacles?



<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan

Progress made this month:



Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?

MONTHLY CHECK-IN

September

Action plan for the month



How can you overcome potential obstacles?



Date:

Micro-goals for action plan

Progress made this month:

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?



**IT'S
POSSIBLE**

MONTHLY CHECK-IN

October

Action plan for the month



How can you overcome potential obstacles?



<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan

Progress made this month:

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?

MONTHLY CHECK-IN

November

Action plan for the month



How can you overcome potential obstacles?



Date:

Micro-goals for action plan

Progress made this month:

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Month End Musings:

What thoughts, ideas, or words of gratitude would you like to capture from this month?

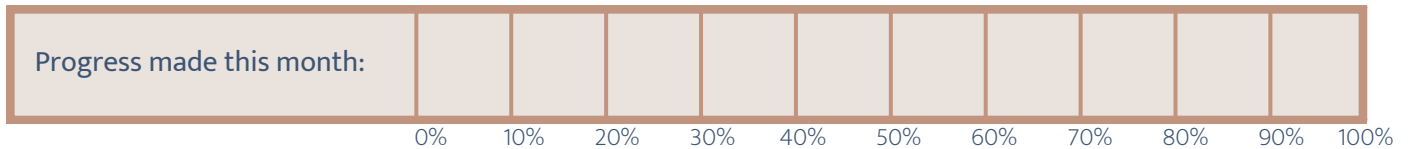
MONTHLY CHECK-IN

December


Action plan for the month

How can you overcome potential obstacles?

<input checked="" type="checkbox"/>	Date:	Micro-goals for action plan



Month End Musings:
What thoughts, ideas, or words of gratitude would you like to capture from this month?

A spiral-bound notebook with a black metal spiral binding is open on a dark brown wooden surface. The notebook's pages are white with light blue horizontal lines. To the left of the notebook lies a single, unsharpened wooden pencil. To the right of the notebook is a small, round succulent with thick, dark green leaves and a small, bright yellow flower in the center. The background is a rustic wooden plank surface.

A little
PROGRESS
each day
adds up to
big results.



Congratulations!!! For the past 12 months you have led your life with focus and intention. You started with a goal of bringing your desires to reality. Desires that connect with your spirit, purpose, and core values. Before looking towards another year, let's take some time to review your successes and obstacles.

What have you learned about yourself this past year?



What have been your biggest successes?



What factors led to your success?



What have been your biggest obstacles or challenges?



What factors allowed you to persist and overcome them?



What ideas do you have for overcoming them if the obstacles or challenges still exist?



