

MONTHLY REVIEW

My Top achievement this month was:

My Top work accomplishment was:

My Most useful habit this month was:

My Most useful book this month was:

My most pain in the butt was:

My most pain in the butt was:

How would I rate these on a scale of 1-10?

Health, Family, Income, Health, Health, Career, Life, Education, Relationships, Stress, Personal, Satisfaction

What was the most challenging part of this month? (What could I do differently next month?)

Score your month's satisfaction on the scale below

	Overall work score			Life going right			What's changed or changed			
100% + 100%	1	2	3	4	5	6	7	8	9	10
90% + 90%	1	2	3	4	5	6	7	8	9	10
80% + 80%	1	2	3	4	5	6	7	8	9	10
70% + 70%	1	2	3	4	5	6	7	8	9	10
60% + 60%	1	2	3	4	5	6	7	8	9	10
50% + 50%	1	2	3	4	5	6	7	8	9	10
40% + 40%	1	2	3	4	5	6	7	8	9	10
30% + 30%	1	2	3	4	5	6	7	8	9	10
20% + 20%	1	2	3	4	5	6	7	8	9	10
10% + 10%	1	2	3	4	5	6	7	8	9	10

MONTHLY INTENTIONS

WILLINGNESS
(How much, How often)

WILLINGNESS
(How much, How often)

WILLINGNESS
(How much, How often)

WILLINGNESS
(How much, How often)

WILLINGNESS
(How much, How often)

WILLINGNESS
(How much, How often)

Planner Positive Psychology

Sasha DeLeon



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