

Monthly Planning

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Monthly Planning

Life often moves quickly. Weeks pass through routines, responsibilities, distractions, unexpected challenges, and the constant pull of daily life, sometimes without giving us much space to pause and reflect on where our time, energy, and attention are actually going.

A monthly review and planning process creates a quieter moment to step back. To notice what this past month felt like. What supported you. What drained you. What mattered.

And what direction you want to move toward next.

This workbook is an invitation to reflect on the month behind you while creating space for the month ahead.

Not to judge yourself for everything you did or didn't accomplish.

Not to create a perfect schedule or flawless plan.

But to reconnect with your priorities, your energy, and the way you want to move through your life more intentionally.

As you move through these pages, you may begin to notice patterns in your habits, focus, emotions, responsibilities, progress, and overall sense of alignment.

Some reflections may feel grounding and encouraging. Others may reveal imbalance, overwhelm, distraction, or areas that need more attention and care. That's completely okay.

Sometimes meaningful change begins simply by pausing long enough to notice what's happening and choosing how you want to move forward next.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about managing every moment perfectly.

It's about living with greater awareness, intention, and direction over time.



Bringing Your Direction Into The Month Ahead

This section is designed to help you bring your larger goals, priorities, and intentions into the rhythm of everyday life.

Rather than approaching the month as a schedule to fill completely, these pages are meant to help you create a structure that stays connected to the direction you've chosen and the life you want to build over time.

As you move through this section, you'll have space to:

- set a monthly intention connected to your values and priorities
- identify your most important areas of focus
- map out key events, responsibilities, and commitments
- strengthen habits, routines, and areas of growth
- reflect on progress, challenges, patterns, and adjustments over time

Some months will feel highly focused and productive. Others may involve more uncertainty, recovery, transition, or recalibration.

The goal is not to control every part of the month perfectly, but to move through it with greater awareness, structure, and intention.

Leave room for flexibility, rest, unexpected events, and changing priorities as the month unfolds.

These pages are intended as reusable planning and review templates. You are encouraged to print additional copies and revisit them throughout your journey.



MONTHLY PLAN

MONTH:

YEAR:

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Top Monthly Goals

1.
2.
3.

Top Priority Tasks

1.
2.
3.

NOTES

Continue Your Journey

Thank you for taking the time to reflect on your experiences, priorities, and direction throughout this past month.

Growth and progress rarely happen in perfectly straight lines.

Some months feel clear, energized, and aligned. Others may feel messy, uncertain, overwhelming, or difficult to fully understand while you're inside them. Both are part of the process.

Some of what you explored in these pages may already feel supportive and meaningful. Other parts may reveal areas where you want to slow down, refocus, reconnect, or move more intentionally moving forward.

Small moments of reflection and intentional adjustment can begin to shape meaningful growth over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life