

Monthly Review

Workbook

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

SELF-GROWTH JOURNEY

Monthly Review

This Monthly Review is designed to help you pause and reconnect with the direction of your everyday life with greater awareness and intention.

Life often moves quickly. Days blend into routines, responsibilities, distractions, goals, unfinished tasks, and constant movement forward.

This space is an opportunity to slow down for a moment and reflect more honestly on how things have been feeling, what has been supporting you, what may feel out of alignment, and what you want to carry into the month ahead.

Not with pressure.

Not with judgment.

And not with the expectation of having everything perfectly figured out.

Some parts of your month may feel meaningful and encouraging. Others may feel messy, uncertain, exhausting, emotional, or unfinished.

That's completely okay.

Growth rarely happens through dramatic overnight change. More often, it develops gradually through small adjustments, repeated choices, honest reflection, and the willingness to keep returning to what matters most.

As you move through these pages, try to approach yourself with curiosity, honesty, and compassion rather than criticism or perfectionism.

Sometimes even a short pause can help you move forward with greater clarity and intention.

Take what feels helpful.

Leave space for flexibility.

Return to anything that feels important.

This process is not about measuring your worth through productivity or achievement.

It's about noticing your experience more clearly and staying connected to the direction you want your life to move toward over time.



Monthly Review

MONTHLY REVIEW

MONTH:

YEAR:

My intention this month was:

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Did I feel connected to it?

Yes

Somewhat

No

What helped me stay connected?

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What pulled me away?

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Which of my values showed up this month?

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Which value felt absent or under-expressed?

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Did I lean into my strengths? Where?

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Did any limiting belief influenced my decisions this month?

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What do I want to carry into next month?

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What do I want to leave behind?

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Continue Your Journey

Thank you for taking the time to pause and reflect on this past month with greater awareness and honesty.

Even small moments of reflection can help you notice patterns, reconnect with your priorities, and better understand how you want to move forward from here.

Some parts of this review may have brought clarity, encouragement, or renewed focus. Others may still feel uncertain, unresolved, emotional, or in progress. That's completely okay.

Life is constantly changing. There will be months where things feel steady and aligned, and months where you feel stretched, uncertain, distracted, tired, or in transition. None of those experiences make your growth less meaningful.

What matters most is not creating a perfect life or maintaining constant momentum. It's your willingness to continue checking in with yourself honestly and gently over time.

This Monthly Review is not meant to judge your progress.

It's simply a space to reconnect with your experiences, your priorities, your direction, and the life you are gradually building through everyday choices.

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