



This worksheet is a part of the **Self-Growth Journey™ Program**.

To read more about the program or to download the full package, visit:

https://iulianionescu.com/self-growth-journey/

Instructions

- 1. Begin your monthly review by filling in the top side of the sheet and documenting your biggest wins, failures, learnings, and things you are grateful for.
- Next, give yourself a grade on how you took care of yourself physically, mentally, emotionally, and spiritually/socially.
- 3. Calculate the month's grade (max 40) and fill it in the table to the right. Copy the grades from the previous monthly reviews to obtain a bird's-eye view trend.



MONTHLY REVIEW

MONTH:																								
	Biggest Wins																Life Area							
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2.																								
3.																								
	Biggest Failures															-	Life Area							
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Other	Ref	lectio	ns a	nd	Pla	ns																		