

Monthly Planning & Reflection

12 months
12 opportunities

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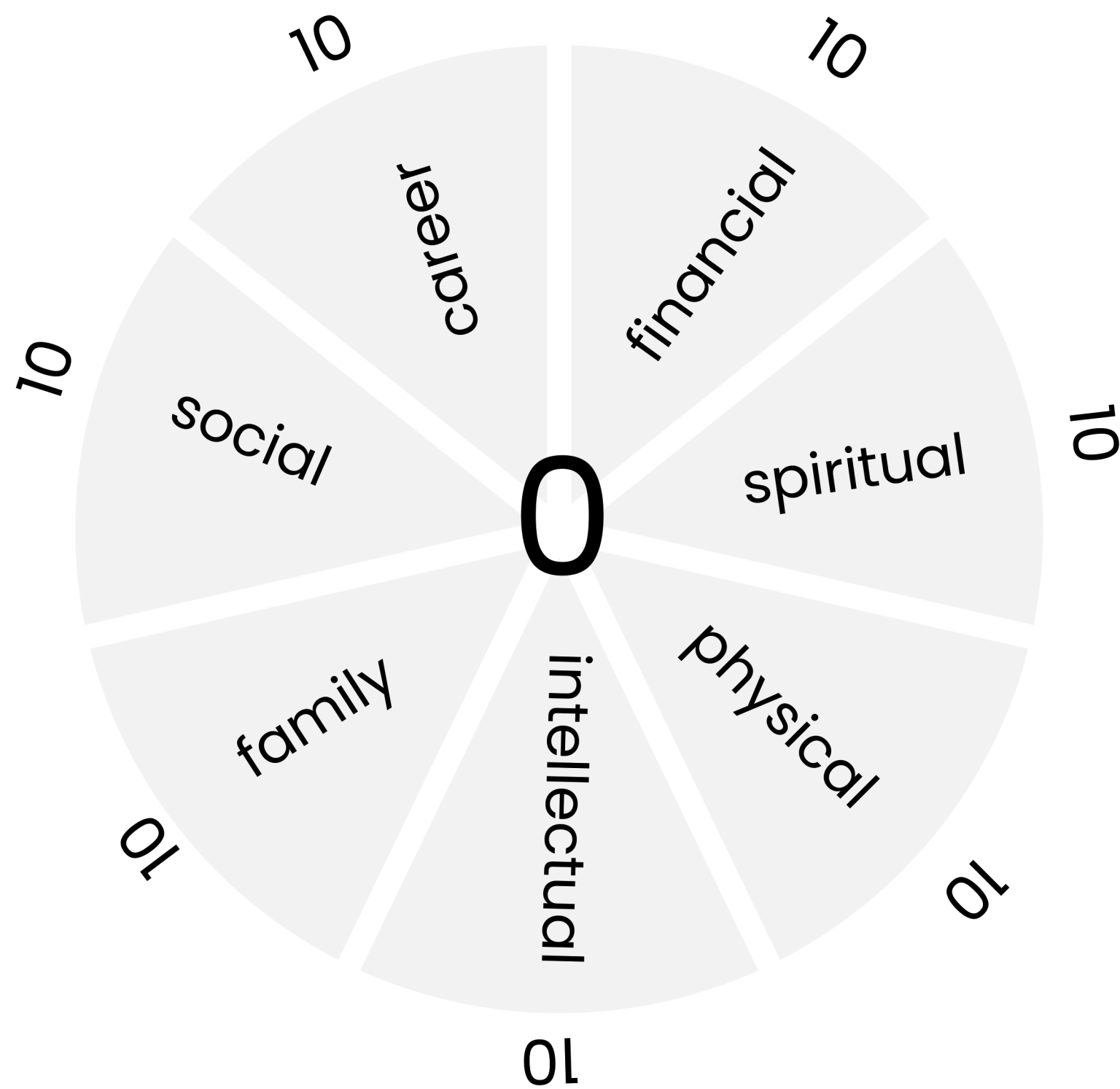
12 months
12 opportunities



ink saver page
Start printing from here.
Save the 'pretty one' to look at online.

Wheel of Life

The Wheel of Life, first developed by Mr. Zig Ziglar, is a tool that helps us self-assess our life balance. Think about the 7 life categories and rate them 1 – 10. Be honest. No one is looking!



KEY: 0 = I'm in trouble and have work to do.
10 = I've got this! Things are going GREAT.



Pro Tips:

Post this page where you'll see it every day. :)

Print the Planning/Reflection sheet 12x. Label each month. Set yourself up for success.

MONTHLY PLANNING & REFLECTION SHEET

~ 2024 ~

Month _____

PLANNING this month:
What I need to do + how (list + describe)

REFLECTING: [rocked this month!]
What I did toward my goals this month ... Yay, me!

REFLECTING: [struggled with this month]
What I didn't do & and why

PLANNING next month: [Don't forget]

Monthly Check-in
Rate yourself 1 - 10 in each life area.

