

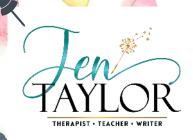
CLUSTER FOR THE MONTH:	
7	EAR

STEP 1:

Review your calendar appointments, financial records, physical health, mental health, holiday events, projects and challenges.

Spend 5-10 minutes jotting down all of the things that stand out.

HINT: Looking through the photos you took this month often helps too!



MONTHLY REVIEW FOR: _____

STEP 2:

Then set a timer for 5 minutes and respond to this prompt:

That I notice about this time is					



What I notice about this time is.....



MONTHLY REVIEW FOR: _____

STEP 3:

Read back what you have written and summarize what you have learned from this month.

Award or phrase to describe this month is:

As Tenter this next month, i would like to be more intentional about

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