



CLUSTER FOR THE MONTH: _____
YEAR_____

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:

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

15 horizontal lines for writing.

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.

A word or phrase to describe this month is:

*As I enter this next month, i would like to
be more intentional about*