

Monthly Reflection

REMINDERS				
Go Deep	Be Specific	Why Over What	Prioritize Order	Prep = Real Value
Share the 5% of stuff you aren't sharing elsewhere.	Put exact numbers in when possible; don't be vague.	Focus more on the "why" of what happened.	Rank your topics from most to least important.	The best value comes from filling this out ahead of time.

CURRENT DATE:

ONE WORD:

Describe your last 30 days in one word:

Why did you choose this word?

PROFESSIONAL REFLECTION:

Rank your professional life over the last 30 days

1 2 3 4 5 6 7 8 9 10

What were one/two HIGH points in your professional life that made you choose this rating?

What were one/two LOW points in your professional life that made you choose this rating?

PERSONAL REFLECTION:

Rank your personal life over the last 30 days

1 2 3 4 5 6 7 8 9 10

What were one/two HIGH points in your personal life that made you choose this rating?

What were one/two LOW points in your personal life that made you choose this rating?

QUICK WINS:

What's a NEED you have for the group?

What's a LEAD you have for the group?

TOP GOALS:

What's a BUSINESS goal you want to commit to for the next 30 days?

What's a PERSONAL goal you want to commit to for the next 30 days?