MONTHLY VISION CHECK-IN

Pause, notice, and adjust — without starting over.

MONTH: _____ **YEAR:** _____

1. WHAT STILL FEELS IMPORTANT TO ME?

2. WHAT MOVED FORWARD, EVEN A LITTLE?

3. WHAT CHANGED OR NO LONGER FITS?

4. WHAT NEEDS MORE ATTENTION OR CARE?

5. WHICH LIFE AREA NEEDS MY FOCUS NEXT MONTH?

- ☐ Health
- ☐ Career & Work
- ☐ Money
- ☐ Relationships
- ☐ Home & Space
- ☐ Learning & Skills
- ☐ Fun & Travel
- ☐ Personal Growth

ONE SMALL STEP FOR THE MONTH AHEAD

SOMETHING I WANT TO REMEMBER