



# Review & Reflection

To get the most out of this activity, it is important to rely on more than memory recall. Our memories can not be trusted. They can be heavily biased based on our current circumstances or emotional state. Therefore, be sure to look back at the weekly and monthly reflections as well as your weekly and daily pages to gather the insights and information needed to complete this review and reflection.

There is a wealth of information waiting for you as you complete this review and reflection of the past 4 months. Remember to be mindful of having a gentle and kind attitude toward yourself. Growth is fickle and must be nurtured into maturity. We must allow ourselves room for failure as it is through failing that we ultimately succeed.

*I believe in you,*  
*Jessica*

THE TOP 5 THINGS I LOVED ABOUT THE LAST 4 MONTHS. (i.e. *Maybe it was reaching a goal, maybe it was a place you visited, maybe it was the new insights you gained, maybe it was improving a relationship with someone you care about or developing new relationships that have brought great value to your life.*)

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THE TOP 5 AREAS THAT CHALLENGED ME CONSISTENTLY THE LAST 4 MONTHS. (i.e. *Maybe it was energy, exercise, eating healthy, relationships, work, fear, doubting, insecurity, depression, anxiety, lack of productivity, finances, etc. Whatever you think of be specific. The more specific you are the more clearly you will be able to see a possible solution moving forward.*)

WHAT HABITS REPEATEDLY APPEARED IN MY WEEKLY “WAYS I WASTED MY TIME” SECTION? (Reflect on which activities you deemed as non-productive or which added very little value to your life. i.e. watching T.V, zoning on social media, talking on the phone, playing games, staying up too late, sleeping in too late, spending too much time socializing with others.)

WHAT HABITS REPEATEDLY APPEARED IN MY WEEKLY “WAYS I WASTED MY MONEY” SECTION? (Reflect on which spending habits you deemed as non-essential or which added little value to your life (i.e. eating/drinking out, coffee, unnecessary travel, shopping, gambling, or excessive socializing, etc.). IF I DIDN’T SPEND MY MONEY IN THESE WAYS WHAT COULD I POSSIBLY AFFORD THAT DOES ADD VALUE TO MY LIFE? (i.e. pay off credit card debt, buy a house, invest, take that trip to Europe, sign your child up for those piano lessons, and so on.)

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WHAT REPETITIVE THOUGHTS OFTEN CLUTTERED MY MIND? HOW DID I RESPOND WHEN I TOOK NOTICE OF THEM? IF I DIDN’T TAKE NOTICE, HOW CAN I BEGIN TO NOTICE AND REFRAME THESE THOUGHTS ESPECIALLY IF THEY ARE ASSOCIATED WITH NEGATIVE EMOTIONS OR BELIEFS ABOUT MYSELF, OTHERS, OR SOCIETY?

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IN WHAT WAYS DID I CONSISTENTLY CARE FOR MY MIND & BODY? WERE ANY OF THESE NEW HABITS I GAINED IN THE LAST 4 MONTHS OUT OF INTENTIONAL FOCUS AND EFFORT? IN WHAT WAYS DID THESE HABITS ALLOW ME TO COPE POSITIVELY WITH CHALLENGES IN THE LAST 4 MONTHS?

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IN WHAT WAYS DID I CONSISTENTLY NEGLECT, IGNORE, OR AVOID MY MIND & BODY? WERE ANY OF THESE NEW HABITS UNINTENTIONALLY FORMED IN THE LAST 4 MONTHS? IN WHAT WAYS DID THESE HABITS ALLOW ME TO COPE WITH CHALLENGES? IN WHAT WAYS DID THESE HABITS CONTRIBUTE TO THE AREAS OF MY LIFE THAT WERE CHALLENGING ME? HOW DID THESE HABITS ALLOW ME TO FEEL ABOUT MYSELF, OTHERS, OR SOCIETY?

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WHAT AREAS DID I REALLY STRUGGLE WITH IN THE LAST 4 MONTHS? (i.e. *finances, relationships, parenting, physical pain, job/school performance, emotional health such as grief, loss, anxiety, anger, depression, etc.*)

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REFLECT ON THE AREAS LISTED ABOVE. HOW DID I EITHER PERSONALLY CONTRIBUTE OR WORK TO RESOLVE THESE CHALLENGES. WHAT DID I LEARN ABOUT MYSELF AND HOW I MANAGED THESE STRUGGLES? WHAT INSIGHTS CAN I CARRY FORWARD WHEN DEALING WITH CHALLENGES IN THE FUTURE? WHAT MINDSET CAN I ADOPT IN MANAGING FUTURE CHALLENGES?

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WHAT DID I LEARN ABOUT OTHERS IN THE LAST 4 MONTHS? HOW CAN THIS HELP REFRAME MY PERSPECTIVE ON HOW I ENGAGE IN MY RELATIONSHIPS MOVING FORWARD?

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IF I CONTINUE DOING THIS ONE THING, I KNOW THIS WILL HAPPEN...

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IF I STOPPED DOING THIS ONE THING, MY LIFE WOULD IMPROVE IN THIS WAY...

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BASED ON THE INSIGHTS AND INFORMATION JUST COLLECTED, ARE THERE ANY ADJUSTMENTS I WOULD LIKE TO MAKE MOVING FORWARD? IF SO WHAT ARE THEY? BE SPECIFIC.

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