

Quarterly Review

LAST QUARTER'S GOALS:

TICK THE ONES YOU ACHIEVED & MAKE NOTES ON THE ONES YOU HAVEN'T.

VALUES CHECK IN:

DO YOU FEEL THAT YOU'VE LIVED BY YOUR VALUES THIS QUARTER?
WHAT ARE SOME AREAS YOU NEED TO WORK ON OR SITUATIONS THAT CONSISTENTLY TRIP YOU UP?

Quarterly Review

WINS:

WHAT DID YOU DO WELL THIS MONTH? HOW DID IT MAKE YOU FEEL?
WHAT ARE YOUR BEST MEMORIES FROM THE MONTH? HOW CAN YOU
INCORPORATE MORE OF THESE PEOPLE/ACTIVITIES IN FUTURE?

LEARNING POINTS:

WHAT DIDN'T GO WELL THIS MONTH? HOW CAN YOU LEARN FROM
THIS?

Quarterly Review

BEHAVIOURAL GAME PLAN:

USING YOUR NOTES FROM THE PREVIOUS QUARTER, WHAT CHANGES CAN YOU MAKE TO YOUR BEHAVIOUR TO BRING IN MORE OF THE GOOD TIMES AND LESS OF THE BAD?

Quarterly Plan

WHAT ARE YOU CRAVING FOR THE NEXT 3 MONTHS?

WHAT SEASON ARE YOU IN? HOW DO YOU WANT TO FEEL?

END OF QUARTER GOALS:

BRAINSTORM SOME GOALS FOR THE NEXT QUARTER. WHERE WOULD YOU IDEALLY (AND REALISTICALLY) LIKE TO BE IN THE NEXT 3 MONTHS?

Quarterly Plan

WHAT IS THE ONE THING I CAN ACHIEVE IN THE NEXT QUARTER THAT WILL CHANGE MY LIFE THE MOST?

WHICH OF THESE GOALS WILL HAVE THE BIGGEST, MOST POSITIVE IMPACT ON YOUR LIFE? WHERE DO YOU WANT TO FOCUS YOUR ATTENTION?

HABIT TO BUILD:

WHAT ONE HABIT WOULD YOU LIKE TO BUILD OVER THE NEXT 3 MONTHS?

AFFIRMATION:

PICK A POSITIVE STATEMENT TO CHALLENGE YOUR NEGATIVE BELIEFS OVER THE NEXT 3 MONTHS.

POWER WORD:

PICK A WORD TO GUIDE YOU OVER THE NEXT 3 MONTHS.

Goal Breakdown

TASKS THAT WILL GET ME CLOSER TO MY GOAL:

WRITE DOWN A LIST OF STEPS NECESSARY IN ORDER TO ACHIEVE YOUR GOAL. STICK THIS LIST UP SOMEWHERE YOU'LL SEE IT OFTEN & TICK OFF EACH ITEM AS YOU COMPLETE IT.