


RABBITHOLES & REFLECTIONS



1. **REFLECT** on what you did this month (write the first things that come to mind):

Check your calendar, journals, social media, or last month's reflection to find more:

U know u did more than that. Dig deeper. "Little things" count, too. Did you make a new recipe? Take the dog for a walk? Buy new shampoo?



What's something creative that you did?

Dang, that's a lot! But, go ahead say something negative. Let it out.



2. **APPRECIATE** yourself. You deserve a pat on the back, even if you don't think so.

- A. Draw a Box around something you forgot you did.
- B. Underline something you're proud of.
- C. Draw a ♥ next to something you're glad you did
- D. Circle something you took farther than you thought you could.

E. Name 3 things that helped u do all of this:

- _____
- _____
- _____

Draw a bunny next to a rabbit hole you went down (creative or intellectual)



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3. ASSESS What had happened?


Answer these questions about the things you marked on the last page:

Why did you forget this, and is this important to you? If so, how can you recognize it next month?

What made you proud of this?

What does this surprise say about you and what you're committed to?

What could you have chosen to do instead of this? 

What felt good about the rabbit hole you went down? 

Write how you feel about each category. If you wish something had happened, why didn't it happen?

PERSONAL

Wish I'd have:

CAREER

Wish I'd have:

RELATIONSHIPS

Wish I'd have:



Summarize your month in a few words at the top of the last page between the two bun-buns.



4. Write all the stuff you didn't get done last month. Look at your calendar for next month, and you can even group things (work, personal, creative, household, family, friends), but just get it out. You can always add to the list, but it's important to empty your brain before the next step.

BRAIN DUMP

PERSONAL

HABITUAL

RELATIONSHIPS

LOGISTICAL

GRIND




CREATIVE



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5. DESIGN your next month.

Pick one item from the daunting list above and pick a week to make it the priority. Look back at step 2 to wish I'd...". If you died on the first day of next month what are the top two things you wish you had accomplished in each category:

Work	Personal	Relationships	
1. 2.	1. 2.	1. 2.	1. 2.

Imagine yourself at the end of this month. What are the top two things you will be pissed off about if they're still on your to-do list.

- 1.
- 2.

If these priorities aren't in the above boxes... why? Are they real priorities?

Write yourself an encouraging note as if you had accomplished everything you wanted this month. Remember, you probably won't. So don't over inflate your ego or put yourself down.

Do you, boo. See you in a month.