


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?



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 heart next to something you are glad you chose to do 
- D. Circle something you took farther than you thought you could.

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

-  _____
-  _____
-  _____

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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? 

Write how you feel about each category. If you wish something had happened, you can write that here, too. 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

WORK

RELATIONSHIPS

LOGISTICS

OTHER



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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. Then I'll go back and pick a 2nd place item and a rabbit hole you're going to let yourself go down (this should be something fun). Keep the questions above in mind and be sure to include stuff from #2 "wish I'd...".



Work

Personal

Relationships

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

	Work	Personal	Relationships	
WEEK 1	1. 2.			
WEEK 2	1. 2.			
WEEK 3	1. 2.			
WEEK 4	1. 2.			
WEEK 5	1. 2.			R&R

That's it. You're ready for the next month.

You have a plan, and you just have to execute it. If you feel like tracking habits, do on the next, page but be sure to look at what you did at the end of next month.

Make sure you give yourself some breathing room bc if you're the type to do this, you're the type to be too hard on yourself. Keep this near your work spot/planner so you can see how far off you were at the end of the month. Then re-plan and incorporate what you find into next month. I also recommend a free write with this exercise. Maybe I'll add it next month.

Do you, boo. See you in a month. -N

MONTHLY HABIT TRACKER

Habit

Day

End of month comments (be gentle)

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