

START WITH CLARITY

A month that feels meaningful.

Pause before you plan. Name the feeling, focus, and boundaries that will make this month yours.

HOW DO I WANT THIS MONTH TO FEEL?

Choose three words or describe the pace you want to create.

WHAT NEEDS MY ATTENTION?

The area of life, work, health, money, or relationships asking for care.

WHAT CAN WAIT?

Good ideas that do not need to become this month's priorities.

MY INTENTION FOR THIS MONTH

One sentence you can return to when the month gets noisy.

THREE ANCHORS FOR A STEADIER MONTH

PROTECT

PRACTICE

ENJOY

CHOOSE ONE MEANINGFUL OUTCOME

My monthly goal.

Make the finish line clear enough to guide your weeks, while leaving room for real life.

THE ONE GOAL I AM CHOOSING

Write a clear outcome, not a vague intention.

WHY THIS MATTERS NOW

SUCCESS WILL LOOK LIKE

EVIDENCE OF PROGRESS

☐ Measure 1

☐ Measure 2

☐ Measure 3

THE OBSTACLE I CAN PLAN FOR

What is most likely to interrupt this goal?

MY IF-THEN PLAN

If that happens, then I will...

THE SMALLEST FIRST STEP

TURN THE GOAL INTO A SEQUENCE

Five weeks. One direction.

Give each week one milestone and a few actions. A fifth week can be used for finishing, catching up, or resting.

WEEK 01

Start

MILESTONE

☐

☐

☐

WEEK 02

Build

MILESTONE

☐

☐

☐

WEEK 03

Strengthen

MILESTONE

☐

☐

☐

WEEK 04

Finish

MILESTONE

☐

☐

☐

WEEK 05

Catch up or reset

MILESTONE

☐

☐

☐

PRINT OR DUPLICATE THIS PAGE EACH WEEK

A focused week.

Choose a few outcomes, protect time for them, and decide what a good-enough week looks like.

THIS WEEK'S FOCUS

THREE OUTCOMES THAT MATTER MOST

- ☐ Outcome 1
- ☐ Outcome 2
- ☐ Outcome 3

ACTIONS AND APPOINTMENTS

The practical steps, calls, sessions, or deadlines that move the goal.

TIME I WILL PROTECT

When and where will the important work happen?

A GOOD-ENOUGH WEEK LOOKS LIKE

SUPPORT I NEED

BUILD CONSISTENCY WITHOUT CHASING PERFECTION

MONTH

The monthly rhythm tracker.

Track only the small actions that support your goal. A blank square is information, not failure.

HABIT OR SUPPORTING ACTION	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

WHAT PATTERN DO I NOTICE?

ONE GENTLE ADJUSTMENT

MAKE PROGRESS VISIBLE

Milestones and evidence.

Break the goal into observable moments. Record what happened instead of relying on how progress felt.

GOAL

START DATE

TARGET DATE

MILESTONES

MILESTONE	MEASURE OR TARGET	DONE
01		☐
02		☐
03		☐
04		☐
05		☐

FOUR PROGRESS CHECK-INS

25%

EVIDENCE

NEXT MOVE

50%

EVIDENCE

NEXT MOVE

75%

EVIDENCE

NEXT MOVE

FINISH

EVIDENCE

NEXT MOVE

REVIEW WITHOUT JUDGING

The halfway reset.

Use what the first half of the month taught you. Keep the goal, reshape it, or choose a kinder pace.

HOW IS THE MONTH FEELING?

☐

Heavy

☐

Uneven

☐

Steady

☐

Good

☐

Energising

WHAT IS WORKING?

WHAT IS GETTING IN THE WAY?

STOP

START

CONTINUE

MY REVISED NEXT STEP

Make it specific enough to do within the next 48 hours.

THE SUPPORT, BOUNDARY, OR REMINDER I NEED

CLOSE THE LOOP

Notice. Learn. Carry forward.

A useful review is not a scorecard. It helps you keep the progress, release the guilt, and choose what comes next.

WHERE DID THE GOAL LAND?

- ☐ Achieved
- ☐ In progress
- ☐ Redefined
- ☐ Let go on purpose

THE WIN I WANT TO REMEMBER

EVIDENCE OF PROGRESS

WHAT HELPED MOST

WHAT I LEARNED

WHAT I WILL CARRY FORWARD

- ☐ _____
- ☐ _____
- ☐ _____

A SEED FOR NEXT MONTH

A possible focus - not a promise yet.

HOW I WILL MARK THIS MONTH

A small, real acknowledgement of your effort.