



With **T**  **N**  **Y**  **M** **F** **K**

Monthly Reflection & Planning Worksheet

Month Reflection

1. List every significant thing that happened last month
This doesn't have to be just your achievements—any significant life changes or events you attended also belong here.

2. What was your biggest personal milestone or professional accomplishment?

3. What did you do exceptionally well this month?

4. What was your most valuable lesson learned this past month?

5. What was your most memorable day? Why?

6. What is something you did last month that you loved doing?

7. What are ways you can have more experiences like that?

8. What was the most challenging part of the month for you and how did you face it?

9. Looking back on last month, what would you have done differently? Why?

10. How are you different this month than last?

11. In what area do you feel you made your biggest improvements?

12. In what areas would you like to see more improvements?

13. Choose a theme or emotion that sums up the past month for you.

Goal Reflection

14. What goals and/or passions did you pursue this past month?

15. What did you do in the last month to achieve those goals?

16. How was your progress?

17. What still needs to be done to achieve those goals?

18. What did you want to do, but didn't do last month?

19. What did you learn from falling short of this goal or plan?

20. What can you improve for next month to meet this goal or plan?

The Big Picture Reflection

21. Overall, what have you been trying to achieve?

22. Looking at where you are now, are you still trying to achieve this?

23. Do your goals still align with who you are now?

The Month Ahead

24. What do I look forward to achieving next month?

25. What are your 1-3 goals for this month?

26. Do these goals align with your long term goals?

27. What is my true motivation for these goals?
(Use [7 levels of "Why" Uncovering your deepest motivation](#) worksheet)

28. What actions need to be taken to reach those goals?

29. What are the potential roadblocks to meeting these goals?

30. What is my action plan to avoid these roadblocks?
([roadblock plan](#) worksheet)

31. What is my action plan if these roadblocks occur?

32. What areas of my environment need to be set up or changed in order to achieve these goals? ([setting environment to win](#) worksheet)

33. Who do I want to be next month?

34. How does that person behave?

35. What kind of actions does that person take?

ON YOUR OWN:

Plotting

- Block out your AM/PM Routines
- Block out your Obligations and Have To's For the Month
 - *Work, Appointments, picking up the kids, events, Weddings, etc. (see brain purge worksheet & [prompt](#) page) etc.*
- Write in your time to do weekly check ins/reflections and planning.

Assessing (after you've plotted your calendar)

Do you like the time you have left for your goals?

Is everything on your schedule next month important to you?

Do you need to uncommit to something?

Now that your calendar reflects your real time, look at your goal actions steps you identified in question #31 and determine what week or day you will do them. Give them real dates and time. Treat them with the same respect you would a client call or doctor appointment.

Review your plan. Ask yourself, Is this realistic?

Ask Yourself “Am I truly committed to this?”

Can you see yourself meeting these goals? Visualize it. Describe what it looks like:

Write your goal in past tense having accomplished it
*(I wrote the book. I worked out 3x's a week for a month.
I traveled to Greece.)*

That's it!

Thanks for joining us in taking this step to design the life and business you want.

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The lady that's making plans and planning moves,

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