

personal reflection time

these questions will help you get a better view of your inner world. the best way to do this exercise is to do it monthly and review the past month. take 20 minutes to fill this out, don't overthink questions.

how are my relationships going?

dating/marriage _____
friends _____
new people _____

how can I strengthen relationships?

what goals am I setting?

how are my energy levels?

what goals am I reaching?

how is my physical health?

food / sleep / exercise

what new thing have I learnt recently?

how is my emotional health?

what season am I in?

what motivates me in my job?

how did I deal with a recent conflict?

what demotivates me in my job?

what do I need to start doing?

how much time do I spend on: (%)

work _____
relationships _____
personal faith _____
free time _____

what do I need to stop doing?