







Monthly Check-In

Month _____




Successes to Celebrate

 _____
 _____
 _____

Challenges to Overcome

 _____
 _____
 _____

Opportunities for Growth

 _____
 _____
 _____

Lessons Learned

Rate the Month

| | | | | | |
|----------------------|---|---|---|---|---|
| Life Satisfaction | ☆ | ☆ | ☆ | ☆ | ☆ |
| Health and Wellness | ☆ | ☆ | ☆ | ☆ | ☆ |
| Family Relationships | ☆ | ☆ | ☆ | ☆ | ☆ |
| Social Relationships | ☆ | ☆ | ☆ | ☆ | ☆ |
| Work and Career | ☆ | ☆ | ☆ | ☆ | ☆ |
| Personal Finances | ☆ | ☆ | ☆ | ☆ | ☆ |

Things I am Grateful for This Month

Areas of Focus for Next Month

