

MONTHLY REVIEW.

The Ask

1. What were my biggest wins?
2. What were my biggest realizations?
3. What areas am I most satisfied? Least satisfied?
4. What am I going to do more of this month? Less of?
5. What am I thinking about for the upcoming month?

MONTHLY REVIEW.

1. What were my biggest wins?

These are things that you will look back on with pride & fond memories at the end of the year.

- Health wins
- Business wins
- New relationships
- Goals accomplished
- Fun memories & event

A large, empty rectangular box with a thin black border, intended for the user to write their biggest wins for the month.

MONTHLY REVIEW.

2. What were my biggest realizations?

I used to call this my "biggest losses." but I reframed this because something is either a win, or it teaches you about the world. And by constantly collecting these realizations, you are always learning.

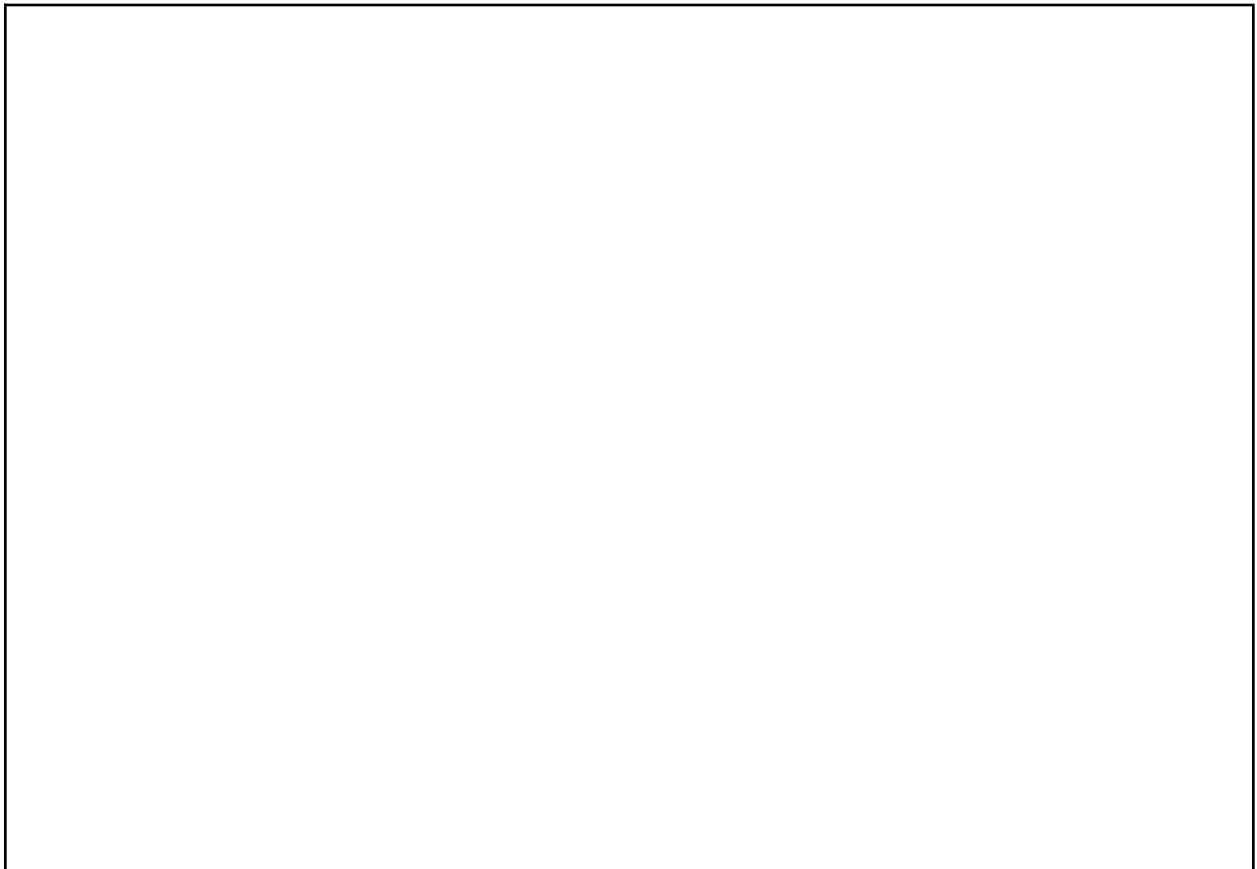
Here are some examples

Most of my realizations are about my:

- Health
- Beliefs
- Business
- Lack of skills
- Relationships

By constantly iterating and distilling these lessons, you will level up month after month after month.

From here, you go from looking backward to looking at the present:

A large, empty rectangular box with a thin black border, intended for the user to write their realizations and reflections.

MONTHLY REVIEW.

3. What areas am I most satisfied? Least satisfied?

Split the page in 2 columns and brain dump bullet points of everything that comes to mind.

The goal here is to identify in the present moment what's working and what's not working.

From there, you ask another question:

Working well	Not working well

MONTHLY REVIEW.

4. What am I going to do more of this month? Less of?

Based on these areas, what am I going to do more of? Less of?

More of	Less of

This is the 80/20 rule in action.

20% of your:

- Habits
- Beliefs
- Friends
- Actions

Are leading to 80% of both your positive **and** negative results.

And the goal here is identify them, so you can do this:

- Things to **double down** on that are bringing you the positive results
- Things to **stop doing entirely** that are bringing you the negative results

Put those lists somewhere you can see them every morning (for me, that's on my bathroom mirror).

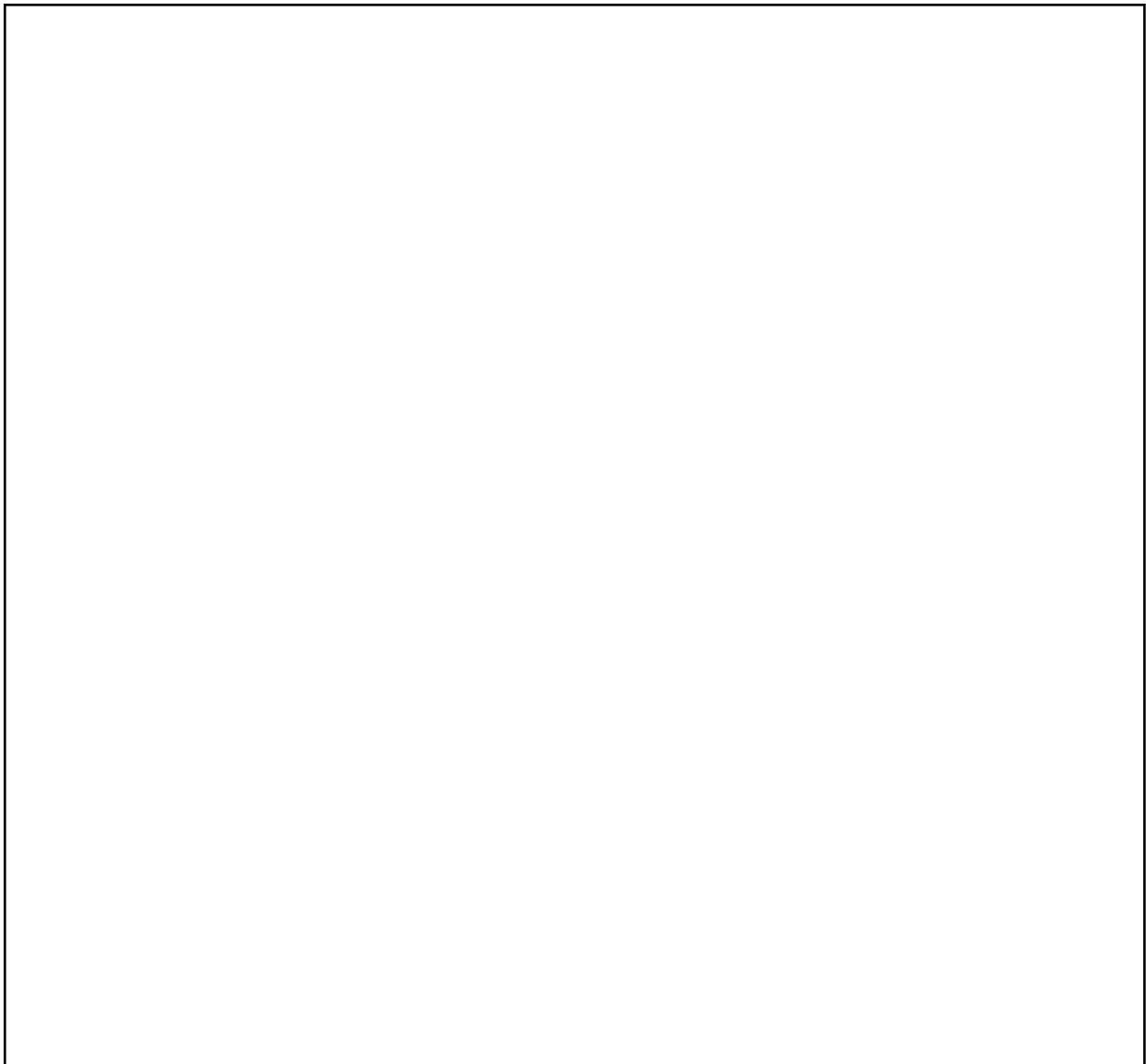
MONTHLY REVIEW.

5. What am I thinking about for the upcoming month?

This is a quick list of things you're:

- Excited about
- Thinking about
- Uncertain about

This turns into a letter to your future self you can read at the end of the month.



And just like that, the review is complete!

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