

# WEEKLY & MONTHLY TEMPLATES

PREVIEW: ELEVATE YOUR REFLECTION

## WEEKLY GRATITUDE REVIEW

-  What made this week memorable?  
Short answers
-  Which person positively influenced my week?  
Short answers
-  One challenge I handled better?  
Short answers
-  What do I want to carry into next week?  
Short answers



## MONTHLY REFLECTION TEMPLATE

### SUMMARIZING YOUR MONTH

-  Biggest wins
-  Lessons learned
-  Unexpected blessings
-  Favorite memories
-  Mindset shifts

### MONTHLY HABIT + GRATITUDE



### MONTHLY HABIT + GRATITUDE TRACKER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 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 |    |    |    |

water  
read  
exercise  
meditate  
screen-time

|  |  |  |  |  |
|--|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |                                                                                     |                                                                                     |                                                                                     |                                                                                       |
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SAVE & ACCESS YOUR TEMPLATES