

Project GRATEFUL LIVING

www.projectgratefulliving.com

QUARTERLY LIFE REVIEW

SECTION: 1

My vision/goal for this year (it can be a few sentences, or even just a word). Make it meaningful!

SECTION: 2

My "WHY" statement:

SECTION: 3

Reflect on the past 3 months:

Did my actions over the last quarter get me closer to accomplishing my dream, or did it move me further away?

What did I do well that I should keep doing?

Where do I need to make the biggest change?

What do I need to do over these next few months to ensure that I'll reach my goal?

What daily habits do I need to incorporate to ensure that I have the discipline to make this happen?

What fail safes do I have in place to lean on if I fall of track?

SECTION: 4

Focus on gratitude. What's going well? What am I grateful for?

Celebrate the wins, even if that just means acknowledging your new focus.

SECTION: 5

Time to take action! What will I do daily to stay on track?

ADDITIONAL THOUGHTS: