MONTHLY REFLECTION TEMPLATE · PHASE 1 OF 4

Foundation

WEEKS 1–3 · GRATITUDE · MINDFULNESS · RESILIENCE

Month / date _____

A MOMENT TO REVISIT THE MONTH

Take a minute to flip through the past few weeks of your journal. Notice any entries that stand out: moments of clarity, resistance, gratitude or surprise.

LOOKING BACK

Which of the three themes (Gratitude, Mindfulness, Resilience) felt most natural to write about? Which felt like work?

Was there a single prompt that stopped you mid-thought, one where your pen paused because the question landed differently than expected?

How did it feel to begin this practice? What surprised you about daily reflection?

PATTERNS

Looking across your entries from the past few weeks, what do you notice? Are there recurring emotions, people, situations or tensions? Write down anything that surfaces, even if you're not sure what it means yet.

ONE INSIGHT TO CARRY FORWARD

If you could distil this month into one honest sentence, something you now know about yourself that you didn't fully see before, what would it be?

INTENTION FOR THE NEXT PHASE

As you move into Self-Awareness (Weeks 4–6), you'll explore self-compassion, balance and empowerment. What would you like to bring with you from this first phase? What would you like to leave behind?

MONTHLY REFLECTION TEMPLATE · PHASE 2 OF 4

Self-Awareness

WEEKS 4–6 · SELF-COMPASSION · BALANCE · EMPOWERMENT

Month / date _____

A MOMENT TO REVISIT THE MONTH

Take a minute to flip through the past few weeks of your journal. Notice any entries that stand out: moments of clarity, resistance, gratitude or surprise.

LOOKING BACK

Where did you notice yourself being kinder, or harder, on yourself than you expected?

Was there a prompt about balance or empowerment that challenged an assumption you've been carrying for a long time?

Did anything you wrote this month surprise you when you read it back?

PATTERNS

Compare what you're writing now with your entries from Weeks 1–3. Has your tone shifted? Are your entries longer or shorter? Are different emotions showing up? Note what's changed, and what hasn't.

ONE INSIGHT TO CARRY FORWARD

What is one thing you've been telling yourself that you now realise isn't entirely true, or at least isn't the whole story?

INTENTION FOR THE NEXT PHASE

The next phase, The Shift (Weeks 7–9), explores connection, purpose and joy. As you move from looking inward to looking outward, what question do you most want to sit with?

MONTHLY REFLECTION TEMPLATE · PHASE 3 OF 4

The Shift

WEEKS 7–9 · CONNECTION · PURPOSE · JOY & CELEBRATION

Month / date _____

A MOMENT TO REVISIT THE MONTH

Take a minute to flip through the past few weeks of your journal. Notice any entries that stand out: moments of clarity, resistance, gratitude or surprise.

LOOKING BACK

Which relationships or connections came up most often in your writing this month?

Did the prompts about purpose reveal something you already knew but hadn't put into words, or something genuinely new?

Where did you find joy this month? Was it where you expected to find it?

PATTERNS

You're now more than halfway through the journal. Look back across all your entries so far. What themes keep returning, even across different weekly topics? Is there a thread connecting your earliest entries to what you're writing now?

ONE INSIGHT TO CARRY FORWARD

What matters to you more than you've been willing to admit, to yourself or to others?

INTENTION FOR THE NEXT PHASE

The final phase, Integration (Weeks 10–12), explores creativity and flow, growth and cognitive clarity. You're not starting fresh; you're gathering everything you've discovered. What do you want to make sure you don't forget as you enter the final stretch?

MONTHLY REFLECTION TEMPLATE · PHASE 4 OF 4

Integration

WEEKS 10–12 · CREATIVITY & FLOW · GROWTH · COGNITIVE CLARITY

Month / date _____

A MOMENT TO REVISIT THE MONTH

Take a minute to flip through the past few weeks of your journal, and then further back, to the very beginning. Notice how your writing has changed. Notice what has stayed the same.

LOOKING BACK

What has this 90-day practice given you that you didn't have when you started?

Is there a single entry, from any week or theme, that you'd want to return to a year from now?

What did you discover about your own thinking that no prompt could have predicted?

PATTERNS

Across the full arc of the journal (Foundation, Self-Awareness, The Shift, Integration), what story do your entries tell? Not the story you planned. The one that actually emerged.

ONE INSIGHT TO CARRY FORWARD

If you could offer one sentence of honest advice to the person who opened this journal on Day 1, what would you say?

INTENTION FOR THE NEXT PHASE

The journal is complete, but the practice doesn't have to end. What will you carry forward? How will you keep making space for reflection in a world that rarely asks you to slow down?