

Monthly Self-Care Reflection

1

What moments, big or small, brought me joy or gratitude this month?

Reflect on the positive experiences that made your month special. Consider people, achievements, or even quiet moments that brought you peace or happiness. Describe why these moments stood out and how they impacted you.

2

What challenges did I face, and what did I learn from them?

Think about obstacles you encountered and how you responded to them. What lessons did you take away, and how can they help you grow moving forward? Reflect on the skills, resilience, or support you utilized.

3

How do I feel about where I focused my time and energy this month?

Assess how your priorities aligned with your values and goals. Were there areas where you wished you had invested more or less time? Reflect on how you can adjust your focus for the coming month to feel more balanced and fulfilled.