

MONTHLY PLAN

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Choose your 3 most important goals for the next month and explain why they are important to you. It is the purpose behind the goal that will keep you motivated throughout the month. And because life happens and we are not always able to work on 3 new goals at the same time, select the most important of the 3 so that you can focus on it if you feel that it is too much for you at the moment. Then put them on your calendar and start working on each one.

SPECIFIC GOAL	THE WHY BEHIND IT

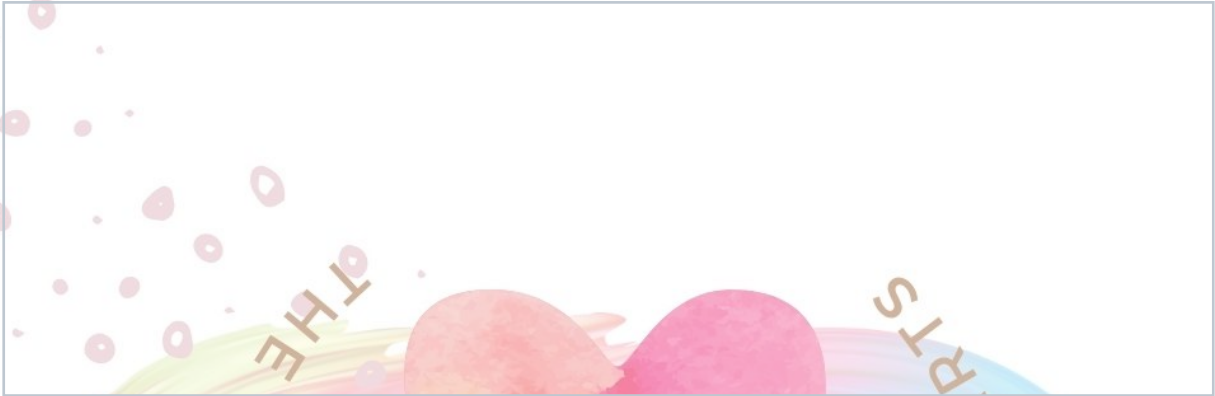
IF I HAVE TO FOCUS ON JUST ONE GOAL, IT WILL BE

MONTHLY REFLECTION

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Think about your previous month and analyze what went well but also the challenges you faced. This reflection will help you understand who you need to become so that the next month is even better and you can achieve all of your wellness goals.

1. HOW DID I PROGRESS DURING THE PAST MONTH?



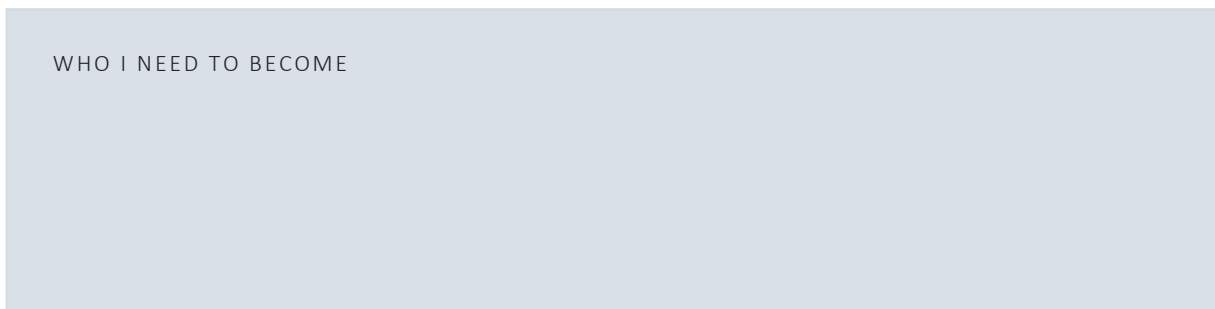
2. WHAT WAS MY BIGGEST CHALLENGE AND WHAT DID I DO?



3. WHAT COULD I HAVE DONE DIFFERENTLY?



WHO I NEED TO BECOME



The background features a central graphic of two overlapping watercolor hearts, one in shades of orange and red, and the other in shades of pink and purple. These hearts are surrounded by colorful brushstrokes in yellow, green, blue, and pink. In the upper left corner, there are several small, light purple circles of varying sizes, some with darker centers, resembling bubbles or seeds. The overall aesthetic is soft and artistic.

Track Your Habits

If you are planning to implement a new habit on a daily basis, this tracker can be useful. Choose your habit and track it for 30 days in a row. Here are some ideas: Healthy breakfast every morning, skin care routine every evening, and gratitude practice every night before bed.

THE CENTER FOR THERAPEUTIC EXPERIENCES
CREATIVE MIND HEALTH

30 DAYS CHALLENGE

FIRST DAY

1

MY DAILY CHALLENGE

2

3

4

5

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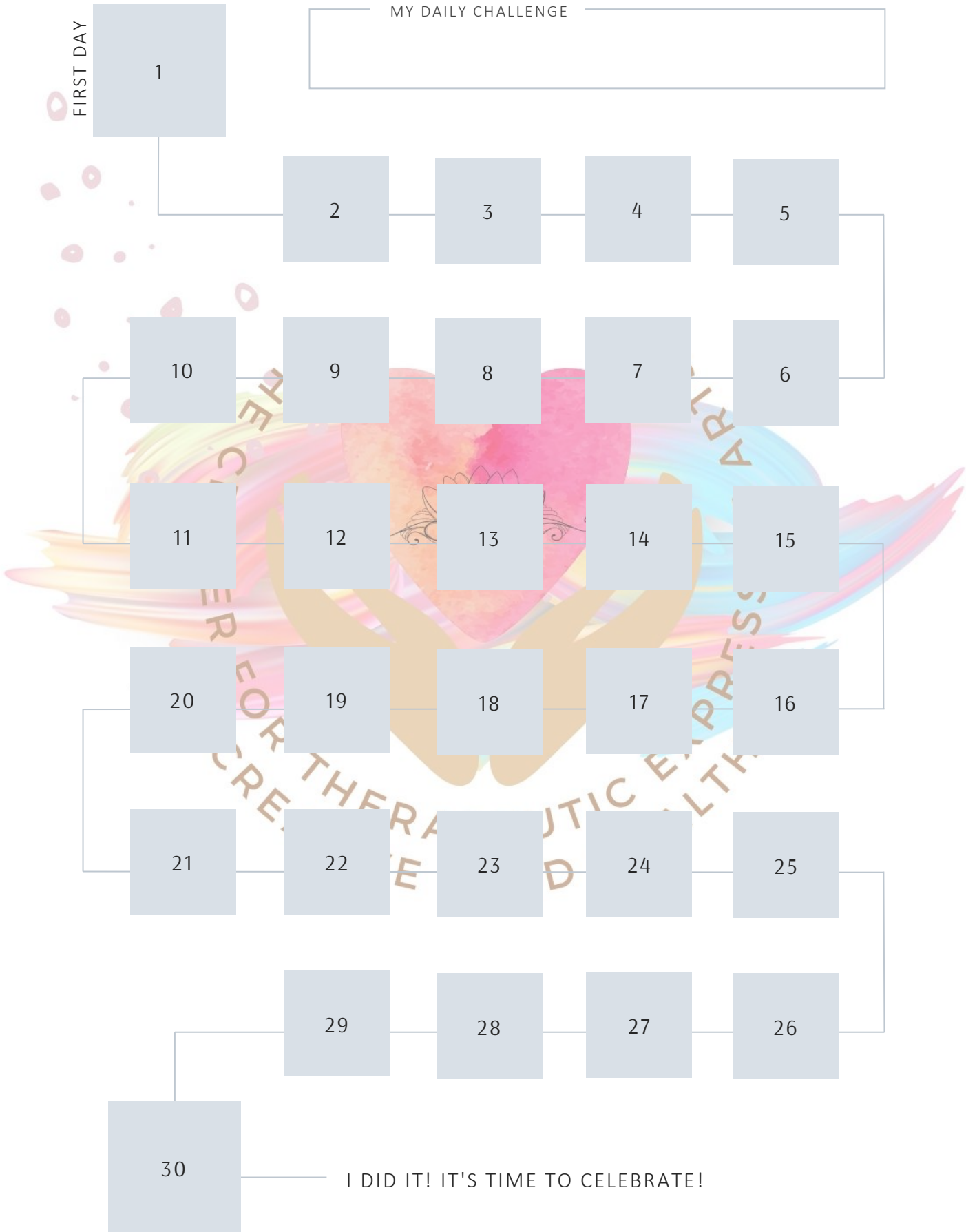
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I DID IT! IT'S TIME TO CELEBRATE!



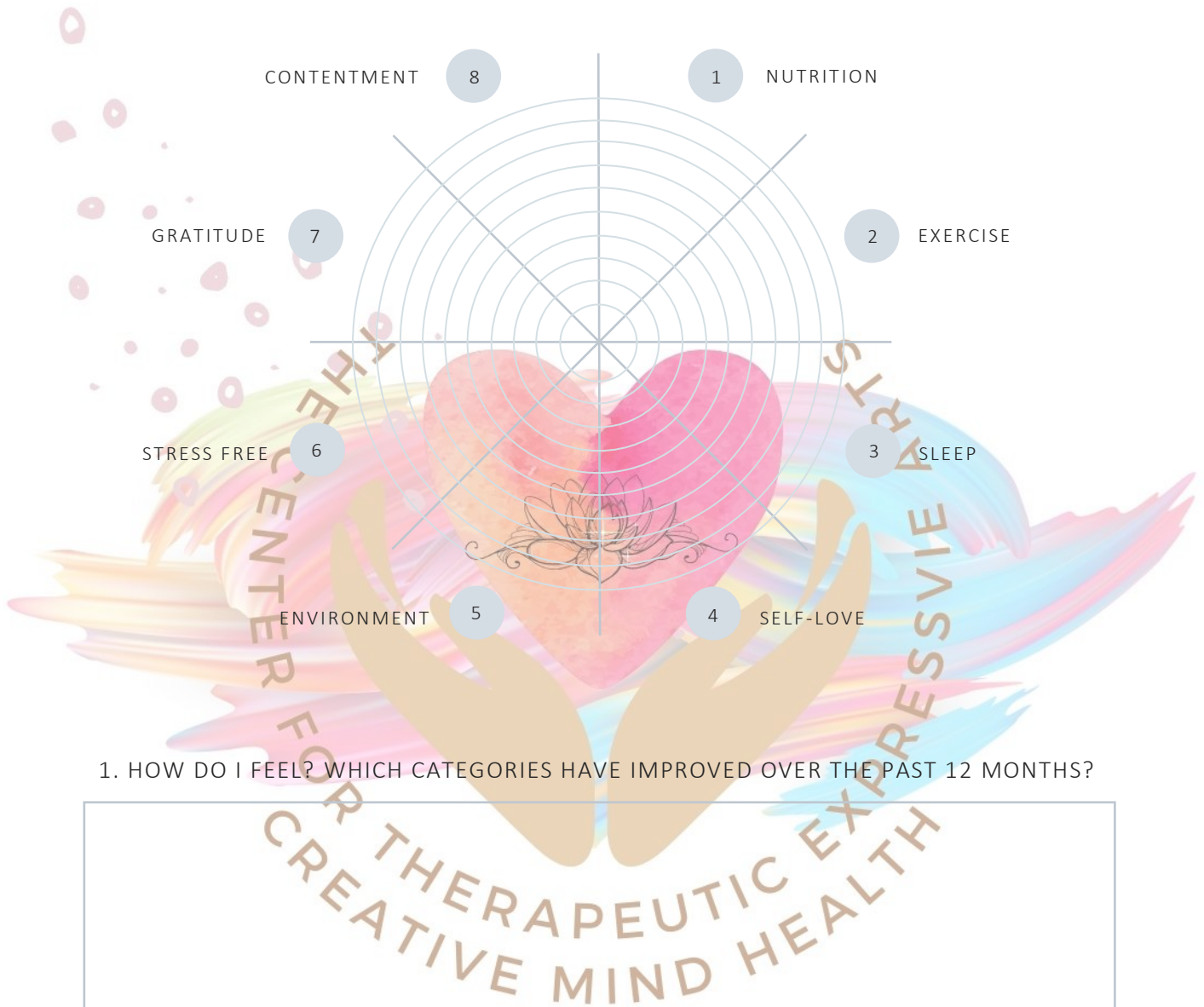


The Final Review

Make a general analysis of your progress after 12 months and keep working on your goals in case you haven't already achieved all of them.

MY PROGRESS

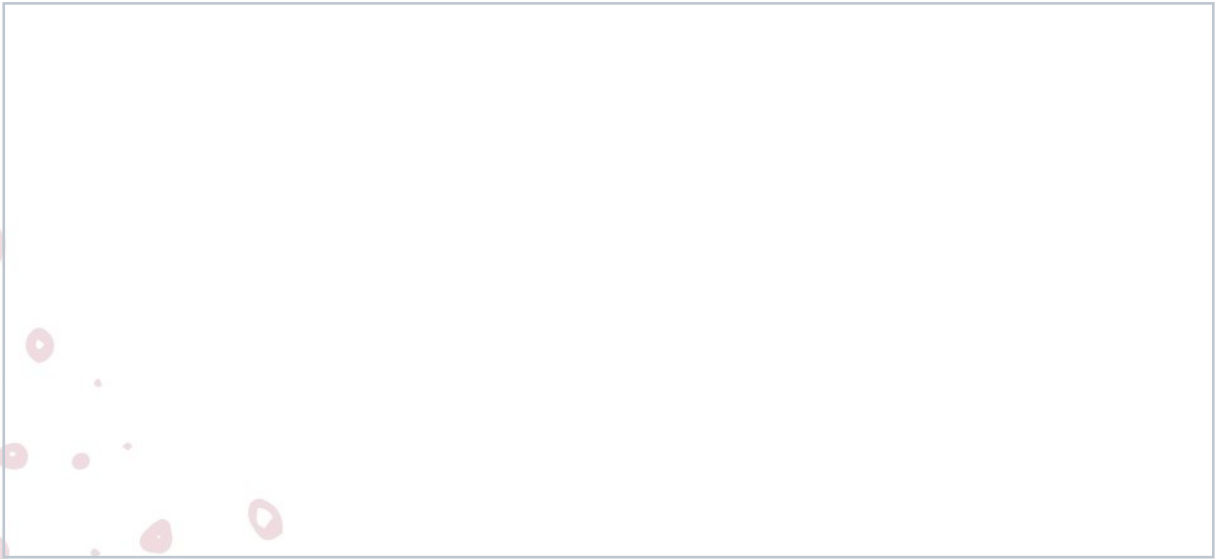
It's time to check your long-term progress. Mark your level in each category and compare the results with the wheel you filled at the beginning of the process.



1. HOW DO I FEEL? WHICH CATEGORIES HAVE IMPROVED OVER THE PAST 12 MONTHS?

A large empty rectangular box for writing the answer to the question above.

2. WHAT HABITS HAVE I DEVELOPED OR STRENGTHENED?



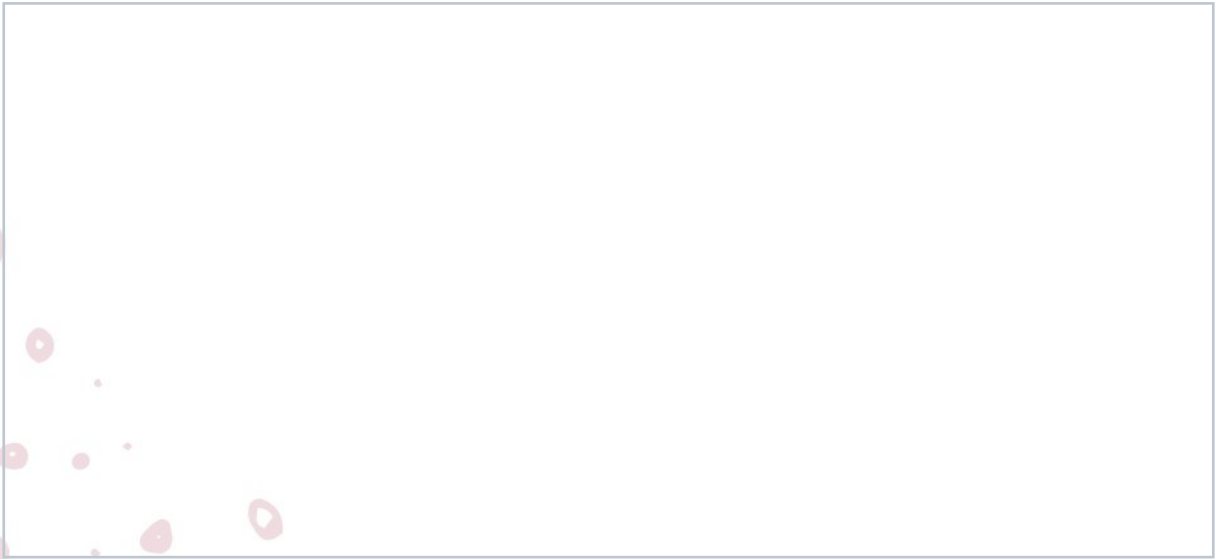
3. WHAT WAS MY BIGGEST STRUGGLE AND HOW DID I OVERCOME IT?



4. WHAT DID I LEARN ABOUT MYSELF?



5. HOW WILL I CELEBRATE MY PROGRESS SO FAR?



6. WHAT IS STILL MISSING? WHERE SHOULD I FOCUS NEXT?



7. WHAT ADVICE DO I GIVE MYSELF THAT WILL HELP ME ACHIEVE WHAT IS MISSING?

