

MONTHLY PROGRESS WORKSHEET



2019 THEME: _____

Review Date _____ for Month _____

No	Areas	Goals	Current status	% Complete	Objective for Next month _____	Level of commitment (1-10)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Notes

1. What are my achievement for this month?

4. What are some valuable lessons I learn?

6. What are some of my unanswered questions?

2. What strategies/method worked towards my goal?

5. What habits I need/want to develop towards my goal?

7. What new strategies/methods I'm going to test to reach my goals?

3. What strategies/method did not work towards my goal?