



# Monthly Review Structure

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## ◆ Step 1: Big Wins & Progress

- What milestones did I hit?
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- What skills or habits improved?
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- Any unexpected wins?
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## ◆ Step 2: Challenges & Adjustments

- What setbacks occurred?
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- Are any goals losing relevance?
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- Do I need to change strategy?
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## ◆ Step 3: Next Month Focus

- What 3-5 key actions will make the biggest difference?
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- Any upcoming deadlines or projects to prepare for?
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- What will I stop doing that's not serving me?
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