



ENERGIZERS

This is what made you happy / energized last month. Things you've done, movies you've seen, books you've read, people you've hung out with, habits you picked up, etc...

DRAINERS

This is what drained your energy and made you feel low, whether actual things or things in your head.

ACCOMPLISHMENTS

This is the stuff you got done

Seven horizontal lines for writing accomplishments.

ENABLERS

These are habits, processes & people that helped you get things done

Seven horizontal lines for writing enablers.

MONTHLY SCORE

Personal growth & development	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Family & friendships	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Romantic relationships	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Career & purpose	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Health & wellbeing	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Hobbies & interests	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Adventure & exploration	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Physical environment	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Finance	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

LESS

Things you want
less of
in your life

SAME

Things you want to
keep the way they are
in your life

MORE

Things you want
more of
in your life

TOP GOALS FOR NEXT MONTH

Your biggest priorities for next month.
Make them specific!

- 1.
- 2.
- 3.

SPECIFIC ACTIONS

Specific actions that will get you closer to your goals

- 1.
- 2.
- 3.

MINDER

Waar je minder van wilt
in je leven

ZELFDE

Wat je hetzelfde wilt
houden

MEER

Waar je meer van wilt in
je leven

TOPDOELEN KOMENDE MAAND

Je belangrijkste prioriteiten voor komende maand.
Maak ze specifiek!

- 1.
- 2.
- 3.

CONCRETE STAPPEN

Specifieke acties die je dichterbij je doelen brengen

- 1.
- 2.
- 3.