



CONDUCT YOUR HONEST AUDIT

Use this sheet to guide your self-reflection.

- 1** Set aside ten minutes tonight to reflect.
- 2** List three accomplishments from the past six months.
- 3** Identify three areas where progress stalled.
- 4** Choose one small action to take tomorrow.
- 5** Open your notebook and count what's real.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

The verdict can wait until the evidence is in.