

## Review and Reflect

When building any sustainable habit taking some time to review and reflect is an important part of the process. In the early habit-building phases I suggest reviewing and reflecting every four weeks or so...

**Exercise:** Set aside some quiet time and take a few moments to consider the following questions:

**Measure:** How is my current plan working for me?

On a scale of 0 to 10 (0 being it sucks/10 being highly satisfied)

0    1    2    3    4    5    6    7    8    9    10

**Reflect:** What's going well?

**Reflect:** What's not going so well?

**Ask:** How can I improve?

**Review:** Does my why still fit?

**Review:** Are my long-term goals still valid?

**List:** Three things I am most proud/pleased about:

- 1.
- 2.
- 3.

**Reflections:** Notes about changes/updates I need to make to my plan:

**Next review date:** \_\_\_\_\_

