

Monthly Rhythm Template

1. Start of Month: Set Direction

Focus Areas (1–2 V2MOMs):

Where do you feel drawn to invest energy this month?

This Month I Want To...

List 3–5 intentions, habits, or projects.

Why These Matter Right Now:

Connect goals to your season, needs, or values.

What I Need More Of / Less Of:

Energy, space, connection, joy...

Key Dates Already in the Diary:

Be realistic about your time and capacity.

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2. Light-Touch Mid-Month Check-In — Refocus

Take 5–10 minutes to gently reflect and realign:

What's felt good so far?

Is anything slipping that still matters?

What's the one thing I want to prioritise in the next two weeks?

What can I let go of (for now)?

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3. End of Month — Reflect + Learn

Highlights & Wins:

What Surprised Me:

What Didn't Happen (and does it still matter?):

Gratitude List (3–5 things):

One Word to Describe the Month: