

MONTHLY REVIEW



For

Overall, how has your mental health been this last month?

Not Good

Up and Down

Mostly Good

What things did you do that made you feel good this month?

Would you like to have done more?

Yes

No

List three positives from the last month:

List three achievements from the last month:

What were the challenges you faced this last month:

How did you deal with them, and what can you takeaway from them moving forward?

What small goals did you set yourself (*if any*) and how did you progress working towards those goals?

MONTHLY REVIEW continued



What are the challenges you anticipate for next month?

How can you prepare for those challenges?

What are you most looking forward to next month?

What activities do you already have planned for your proactive mental wellbeing?

What activities do you need to schedule/book?

What small goals are you setting yourself this month?

What do you want to remind yourself over the next month?