

The Monthly Reset Checklist



A 60-minute first-Sunday-of-the-month ritual to review what's working, drop what isn't, and start the next month with sharper focus than the last.



Activities



Step 1 - Look back at the month (10 minutes)

Open the weekly notes from the past four weeks. Read them in order. Notice: Which weeks felt strong? Which felt scattered? What kept showing up in your "didn't get done" lists?



Step 2 - Score the month honestly (5 minutes)

Give the month a score out of 10 across four areas. Be brutally honest. Write one sentence explaining the number. **Work / building:** ___ / 10, Body / health, Relationships, Mind / self.



Step 3 - Identify what worked, what didn't (15 minutes)

Write down three things that genuinely worked this month and three that didn't. Be specific. For each thing that didn't work, decide: quit it, fix it, or replace it.



Step 4 - Set next month's one big thing (10 minutes)

Don't set ten goals. Don't set five. **Set one.** What single outcome, if achieved by month-end, would make next month a clear win? Add a deadline. Write the three weekly anchors.



Step 5 - Adjust the system (10 minutes)

Change one thing in your week structure based on what you learned this month. Then pick one word as the theme - Build. Finish. Recover. Focus: write it where you'll see it daily.



Why it matters:

Monthly reviews bridge weekly tactics and quarterly vision. Without them, 12 random months become a year you can't remember.

