

# Monthly Reflection

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## Before You Begin

Some changes are too quiet to notice from one day to the next. A month gives us a wider view: the emotions that returned, the choices we made, the relationships that supported us, and the needs that became clearer.

Reflection is not about measuring ourselves against an ideal version of who we should be. It is about seeing ourselves as we are, with honesty and compassion. Progress may look like a new boundary, a gentler response, or simply recognizing a pattern sooner.

At the end of the month, give yourself time to look back without rushing toward the next goal. What has shifted? What has stayed the same? What deserves more care?

Try this: choose one insight from this month and turn it into a small intention, not a demanding promise.

Monthly reflection gives you a wider view than any single day. Small changes may be invisible in the moment but clearer across several weeks: a calmer response, a new boundary, or a need you finally recognized.

You are not measuring yourself against an ideal version of who you should be. You are noticing what happened, with honesty and compassion. Look back at recurring feelings, relationships, choices, and strengths. Choose one small intention for the month ahead, making it an invitation rather than another demand.

A gentle guide for the days ahead

Read the monthly reflection questions slowly. Choose honesty over perfect answers. You do not need to write everything or change your life in a week. Notice what repeats, what supports you, and what you need. Return to any page when you feel ready.

With love, one small step is enough to begin.

# Monthly Reflection

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The month in feelings

Monday

**When has the month in feelings shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore the month in feelings with more understanding?**

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# Monthly Reflection

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Recurring themes

Tuesday

**When has recurring themes shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore recurring themes with more understanding?**

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# Monthly Reflection

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My relationships

Wednesday

**When has my relationships shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore my relationships with more understanding?**

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# Monthly Reflection

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Changes in my needs

Thursday

**When has changes in my needs shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore changes in my needs with more understanding?**

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# Monthly Reflection

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Strength and growth

Friday

**When has strength and growth shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore strength and growth with more understanding?**

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# Monthly Reflection

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What I can release

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**When has what i can release shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore what i can release with more understanding?**

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# Monthly Reflection

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Next month's intention

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**When has next month's intention shown up in my life recently, and what did I feel?**

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**What made that experience meaningful, and what did I come to believe about myself?**

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**What need or fear might have been underneath my response?**

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**What small step could help me explore next month's intention with more understanding?**

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