

MONTH: S O N D J F M A M

MONTHLY SUCCESS

Name:

Date:

My 1-3 Intern Goals

- 1.
- 2.
- 3.

I commit to accomplishing these goals in 9 months

Prioritizing Monthly Goals

High (Must Do's)

- 1.
- 2.

Medium (Would be good to do)

- 1.
- 2.

To Do:

TASK:

DUE DATE:

Are you practicing the discipline of daily devotion?

Y/ N

Month's Challenge:

Result:

Monthly Check-In

- Did you do what you said you were going to do? If not, why?
- Were you able to stay on task? Write down any distractions that may have undermined your efforts.

Which of these habits have you been working on?

Healthy Mind, Healthy Spirit

- ___ Didn't Jump to Conclusions
- ___ Practiced Patience
- ___ Accepted what I couldn't
- ___ Didn't judge others
- ___ Didn't judge myself
- ___ Was aware of defeating thoughts
- ___ Took control of my thought life
- ___ Practiced active listening
- ___ Practiced the discipline of meditation
- ___ Didn't undermine my value
- ___ Felt Gratitude for what I have

Cultivating Habits for Success

- ___ Led by the Holy Spirit
- ___ Limited Distractions
- ___ Learned from my mistakes
- ___ Took steps to accomplish my goals
- ___ Looked for the positive in every situation
- ___ Took action despite fear
- ___ Surrounded myself with positive people
- ___ Did what I am passionate about
- ___ Took full responsibility for my choices
- ___ Trusted in God
- ___ Reached out for help when needed

Comments:

"Little Daily Actions Lead to Big Results"