



INTRO TO

INTROSPECTION

HOW TO THINK DEEPLY AND MAKE YOUR LIFE COUNT

DAILY JOURNALING

I am grateful for...

Sending loving-kindness to...

My weekly/monthly/annual goals are...

The most important thing today is...

I will accomplish that by...



WEEKLY PLANNING

The most important thing this week is...

Obstacles that may get in the way are...

I will address those obstacles by...

The best thing that could happen this week is...

A habit I will improve by 1% is...



WEEKLY REFLECTIONS

Here's how I did on my goals...

I am most proud of...

I got the most energy from...

I got the least energy from...

Next week, I'll do this differently...

MONTHLY EVALUATION

I am feeling...

My biggest accomplishments this month were...

The defining events this month were...

I was challenged by...

Here's how I am different than last month...

I spent the most time thinking about...

Something I learned that I want to remember is...

Here's how I did on my goals...

My goals for next month are...

My defining quote for next month is...



QUARTERLY RETREAT

Big 4 Reflections

- Who am I?
- Why am I here?
- Where am I going?
- How will I get there?



Wheel of Life Evaluation

- Which sections are highest, and why?
- Which sections are lowest, and why?
- Is there anything that surprised me?
- How will this drive my goals for the next quarter?

Quarterly Goal Evaluation

- Which quarterly goals did I achieve?
- What factors contributed to my achievement?
- What limiting beliefs showed up?
- What did I learn or improve?

Annual Goal Evaluation

- Which annual goals did I progress on or achieve?
- How will I celebrate that achievement?

Next Quarter Priorities

- Which annual goals will I focus on in the next quarter?
- Are there any other goals I want to focus on in the next quarter?
- What adjustments do I need to make in my schedule, habits, or mindset to work towards these goals?
- What quote, mantra, or intention will I carry into next quarter?

YEARLY REVIEW + ANNUAL PROSPECTUS

Download the complete Annual Prospectus template and guidelines at natashazimmerman.com/introspect.

Questions? I'd love to hear from you!

Drop me a note at natasha@natashazimmerman.com

