DAYPOP

# A monthly *reset*.

Look back kindly, then clear a little space. No report card. Just a quiet moment before the new month starts.

## LOOK BACK

**What did I notice this month?**

**Which days felt closest to what I wanted?**

**What drained me, and what gave me energy?**

**What do I want to carry into next month?**

## RESET

- [ ] Clear my desk and my bag
- [ ] Cancel or move one thing I dread
- [ ] Pick my intention for the month
- [ ] Put my phone away for one evening
- [ ) _____
- [ ] Look at next month on my calendar
- [ ] Clear out old reminders
- [ ] Plan one thing I will look forward to
- [ ] Say thanks to someone
- [ ) _____

NEXT MONTH, MY INTENTION _____



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