

Monthly Review

MONTH:

WINS FOR THE MONTH. WHAT'S GOING WELL RIGHT NOW AND WHY?

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WHAT IF ANY RESISTANCE DID I EXPERIENCE? WHAT WAS IT? WHAT WAS THE RESULT? WHAT DID I DO TO TRY AND OVERCOME IT? WHAT DO I NEED MORE SUPPORT WITH?

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WHAT LESSON DID I LEARN AND HOW CAN I TAKE THIS FORWARD?

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RESULTS / METRICS TRACKING

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