

# Fortitude Training

A close-up photograph of a person's hands writing in a small, cream-colored notebook. The person is wearing a grey sweater and has dark grey nail polish. They are holding a silver pen with red accents. The notebook is open, and the person is writing on the right page. The background is a light-colored wooden surface. In the top left corner, there is a white cup on a saucer. In the bottom left corner, there is a black smartphone. The overall tone is calm and focused.

## Monthly Reflections

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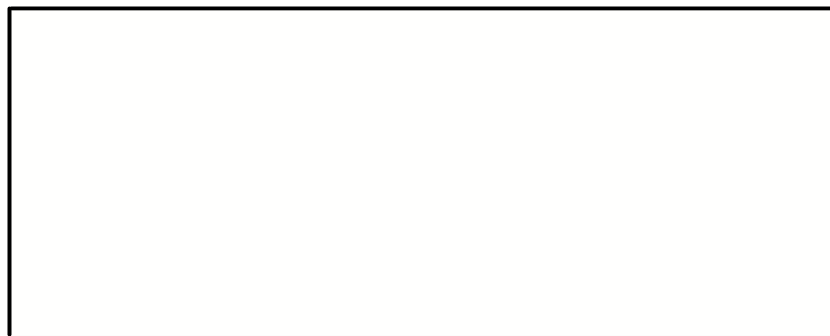
Month:

How did last month go for you? What changes did you experience?

Did things go according to plan? If not, what stood in your way?



In which areas of your life did you make the most progress, and why?



In which areas of your life did you make the least progress, and why?



What lessons could you learn from your areas of most and least progress?

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What things, if any, do you wish you had done differently last month?

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What will you do next month to help you grow from the lessons you've learned?

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Using your phone, review your photographs and calendar entries for the last month. Are there any memorable moments, or significant events that took place in your life? How do they make you feel, and why do you think that is?

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Next month I will...

Continue:	Improve:
Start:	Stop: