

# One Month of Introspection

## in October

S	M	T	W	T	F	S
28	29	30	1 Your top priorities in life.	2 What excites you about the future.	3 Qualities you have that you're proud of.	4 One thing you could improve on and a plan of action for it.
5 Activities that make you happy.	6 People who make you happy.	7 The best day you've ever had, and why.	8 The best day you've ever had at work, and why.	9 What new experiences you want to have.	10 If you had unlimited resources, what your dreams would look like.	11 What your ideal day looks like.
12 Values you hold dear.	13 People you care about.	14 Three things in general you're most grateful for in life.	15 Music that always lifts your mood.	16 Hobbies you wish you had more time for.	17 What makes you feel loved.	18 What makes you feel appreciated.
19 Ways you can show more appreciation for the people you love.	20 Things you love about your home.	21 What you'd love to change about your home, and why.	22 Things you love about the city you live in.	23 If you could live anywhere in the world, where you would live.	24 People you'd love to reconnect with.	25 Where you see yourself in one year.
26 Where you see yourself in three years.	27 Where you see yourself in five years.	28 Your plans for your long-term future.	29 If you could wish for one thing right now, what it would be.	30 If you weren't afraid of being judged, would you do anything differently now.	31 Lessons you've learned this month.	1  Ordinary & Happy