

THE EMPOWERED WOMAN EFFECT

End of Month Reflection & Goal Setting Guide

A simple way to lead yourself forward

Why This Matters

Change happens when you slow down long enough to see yourself clearly. Monthly reflection is self leadership in action. It helps you understand what actually worked, what didn't, and what you want to do differently. When you learn to sit with your thoughts, feelings and patterns, you stop repeating months you didn't enjoy and start creating months that actually move you.

This guide gives you a taste of my journaling style and the kind of inner work that helps you build confidence, momentum and clarity. **You already have the answers within you.** These questions help you find them.

How To Use This Guide

Find ten quiet minutes. Put your phone away. Breathe.

Move through each section honestly, without rushing yourself.

You're not here to judge your month. You're here to understand it.

Write what comes up. Let it be simple. Let it be true. Let it be yours!

When you set your goals for the new month, choose what actually matters to you, not what you think you should do.

This is your space. Your clarity. Your reset.

A Message For You

You are capable of leading yourself. You are allowed to begin again every month. And you can create whatever you decide to commit to. You don't need permission. You only need to choose yourself.

“

The moment you choose
awareness,
you choose power.

Unknown

”

T — Thoughts

Consider:

What beliefs or narratives shaped your month?
Which thoughts helped you move forward?
Which ones held you back or created friction?

Prompts:

A thought I kept returning to this month was...
A belief that supported me was...
A thought pattern I want to shift is...

E — Emotions

Consider:

Check in with how you actually felt this month, not how you think you should have felt.

Prompts:

The main emotions that showed up for me were...
I felt most grounded when...
I felt stressed or stuck when...

W — Wins / What Worked

Consider:

Acknowledge progress, big or small. This reinforces momentum.

Prompts:

The things that worked well this month were...
Systems or habits that supported me were...
A win I'm especially proud of is...

E — Edges / What Didn't Work

Consider:

Identify friction without judgment. These are your opportunities.

Prompts:

What didn't work this month was...
Where I felt resistance or clutter was...
A pattern I want to improve next month is...

Set Your 3 Clear Goals for the New Month

Consider:

Choose goals that are specific, doable and tied to what matters most to you.

Prompts:

This month, my top 3 priorities are...
A habit that will support these goals is...
A boundary I need to hold is...