MONTHLY REVIEW

January 2027



Five minutes is enough. Have your goal spreads (pages 20–25) open next to this page.

Date: _____

Goal (a few words)	First step	Measure this month	Next step
1	☐ Done ☐ Started ☐ Not yet		
2	☐ Done ☐ Started ☐ Not yet		
3	☐ Done ☐ Started ☐ Not yet		

What moved this month

Where my loop showed up

One thing to adjust for February

Still heading toward my 2027 sentence?

☐ Yes ☐ Partly ☐ Not yet, and that's okay

Missed a month? Start from this page. There's nothing to catch up on.