

MONTHLY CHECK-IN

As you think back on the last month, reflect on what made this last month happy, satisfying and energizing at work.

Reflect on what made this last month happy, satisfying and energizing outside of work.

**What would you focus on to be happier and more satisfied at work?
What would you focus on to be happier and more satisfied outside work?**

PERSONAL BRAND

As you think about your brand at work, what have you been focusing on this last month?

What are the signs that you are making progress and where are you still challenged?

What do you want to focus on this month:
