



**CREATIVE WORK
HOUR
GUIDED MONTHLY REVIEW**

April 2024

GETTING

Centered

Free-writing: Reflection

How did April turn out for you?

PART 1

Reflection

Information sources to guide your Monthly Review:



Calendar:

Review your calendar for scheduled events, appointments, and deadlines.



To-Do Lists:

Check your to-do lists to ensure tasks were completed and assess priorities.



Photos & Videos:

Log into your iCloud, or Google Photos to view the month at a glance.



Journal/Reflections:

Check your to-do lists to ensure tasks were completed and assess priorities.

Life Areas:



Financial Records:

If relevant, check your financial records to track spending and budgeting.



Health and Wellness Tracker:

Review any health or fitness records you maintain.

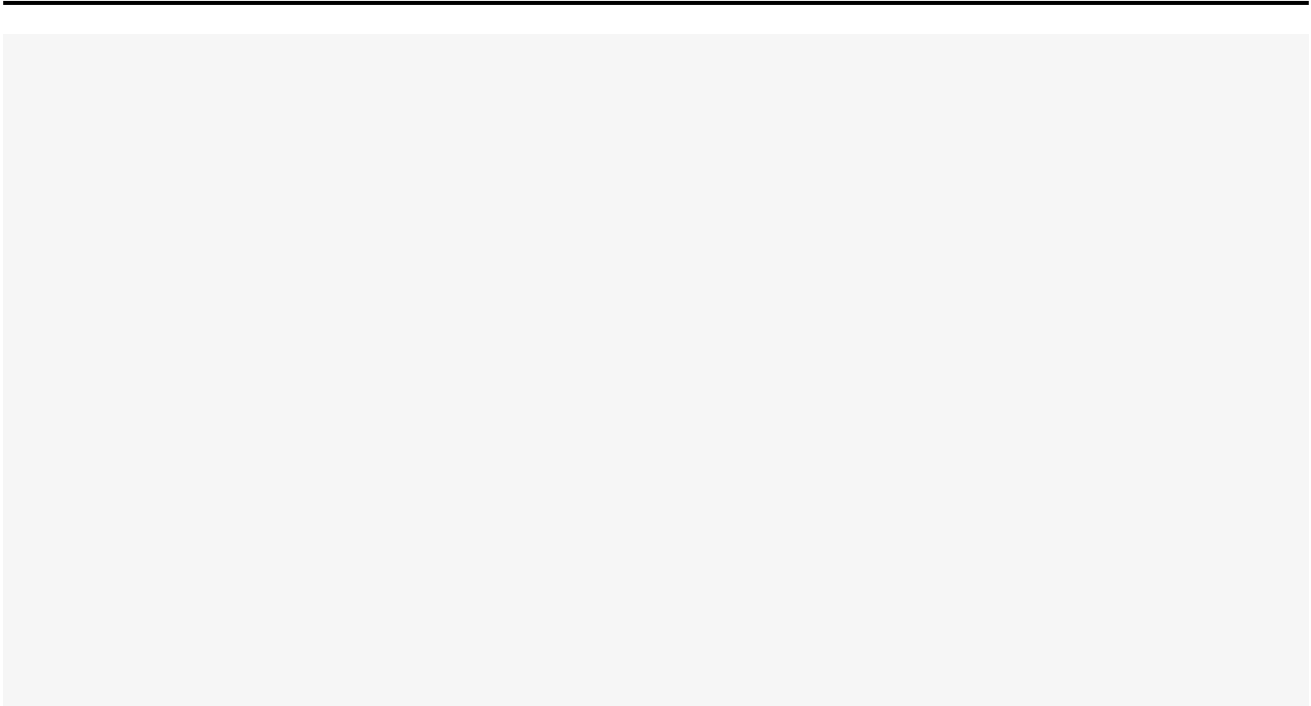
REFLECTION ON APRIL 2024

**What were the highs and lows of your April?
What brought you happiness, fulfillment or challenge?**

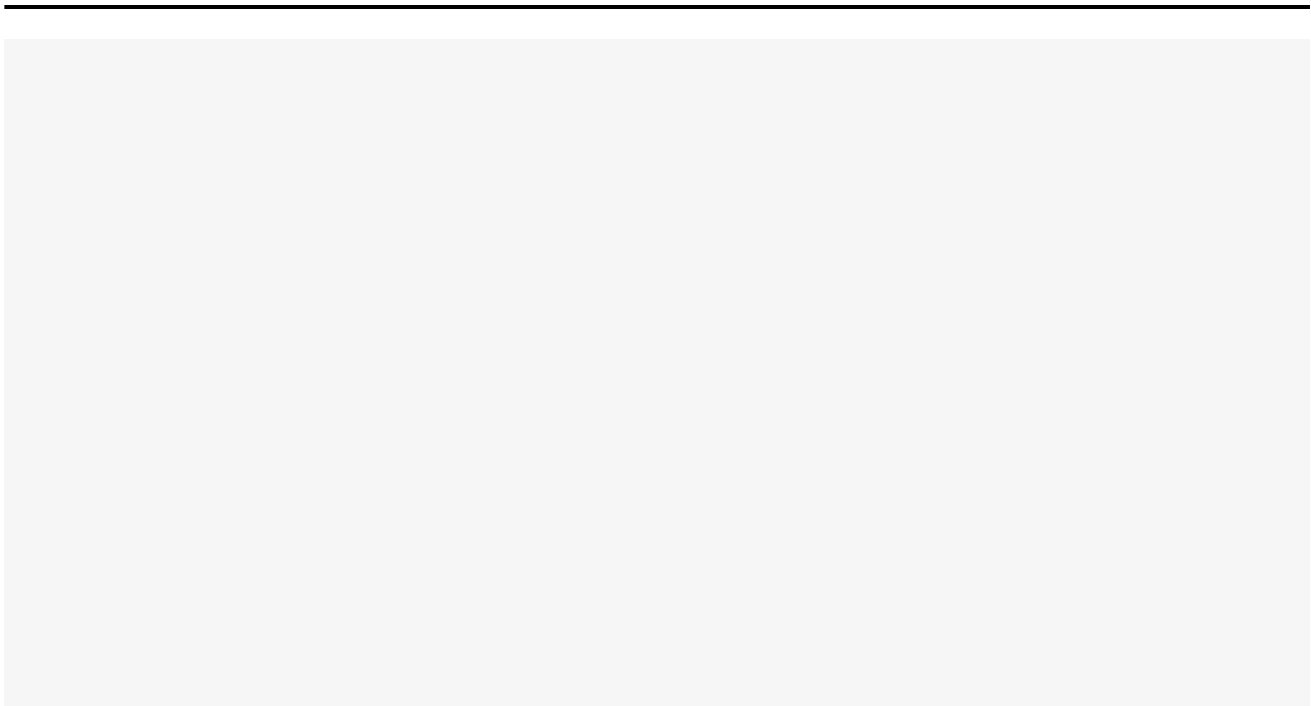
**How did you spend your time and energy this past month?
Were you able to make progress on your goals and priorities?**

REFLECTION ON APRIL 2024

What new insights or lessons did you gain about yourself this past month?



What or Who are you most grateful for from the past month?



REFLECTION ON APRIL 2024

**How did you prioritize your own self-care and wellbeing in April?
What did you do to nurture yourself?**

What are you looking forward to in May?

REVIEW YOUR PROJECT LIST

Project | Current Progress | Barriers | What's Next?

What were the key projects you worked on in April 2024?

PROFESSIONAL

Project #1	
Progress	
Met Barriers	
What's Next?	
Project #2	
Progress	
Met Barriers	
What's Next?	
Project #3	
Progress	
Met Barriers	
What's Next?	

PERSONAL

Project #1

Progress

Met Barriers

What's Next?

Project #2

Progress

Met Barriers

What's Next?

Project #3

Progress

Met Barriers

What's Next?

Great job! You have finished Part 1 of this session.

PART 2

Planning

You can use the worksheets provided in this booklet to plan and organize your project tasks.

Alternatively, you can use this time to:

Suggested activities for Part 2 of Monthly Review.



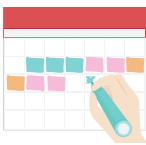
Celebrate your wins!

Take this time to celebrate your wins, no matter how small from the previous month.



Prioritization

Identify your top priorities for the upcoming month. What tasks or activities are most important to accomplish? Rank them in order of importance.



Time Blocking

Review your calendar for the month ahead. Allocate time blocks for different tasks, projects, and commitments to ensure you have time to work on the tasks.



Self-care Planning

Schedule time for self-care activities and relaxation in the next month. Maintaining balance is critical for long-term success and happiness.



Review your commitments

Review your existing commitments and obligations for the upcoming month. Are they still align with your 2024 goals?

PART 2

Planning

Free-writing

MAY 2024

What would make May 2024 MARVELOUS?

PART 2

Planning

MAY 2024

Review your calendar for May. What are the key events this month?

Birthdays	Major Events/Celebrations	Project Deadlines

By the end of May, I want to feel



MONTHLY FIVE-SENSES PORTRAIT BY GRETCHEN RUBIN

I think of seeing ...

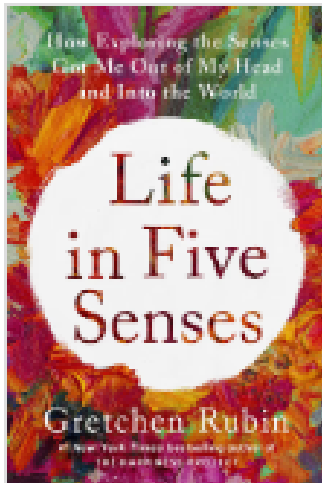
I think of smelling ...

I think of touching ...

I think of hearing ...

I think of tasting ...

MONTHLY FIVE-SENSES RESOURCES



Getting Started: The Five...

Here's how to get started building a happier, healthier, more creative, an...

gretchenrubin.com

Five-Senses Quiz

What's your most neglected sense?

The Five Senses Quiz

What is your most neglected sense? By identifying your neglected sense, you can find a new source of comfort, calm, and creativity.

 Gretchen Rubin /

GOALS, EXPERIENCES AND COMMITMENTS

What are your main goals?

What are your mini goals?

What experiences would you like to have this month?

Are there any commitments or promises to yourself for the upcoming month? Why do they matter?

WEEKLY GOAL BREAKDOWN TEMPLATE

Week 1

Project Name

Week 1 Plan

IDENTIFY KEY STEPS FOR WEEK 1

Key Step	Start Date	Date Completed

Week 1 Review

What went well? What didn't go so well? What do you want to incorporate next week?

WEEKLY GOAL BREAKDOWN TEMPLATE

Week 2

Project Name

Week 2 Plan

IDENTIFY KEY STEPS FOR WEEK 2

Key Step	Start Date	Date Completed

Week 2 Review

What went well? What didn't go so well? What do you want to incorporate next week?

WEEKLY GOAL BREAKDOWN TEMPLATE

Week 3

Project Name

Week 3 Plan

IDENTIFY KEY STEPS FOR WEEK 3

Key Step	Start Date	Date Completed

Week 3 Review

What went well? What didn't go so well? What do you want to incorporate next week?

WEEKLY GOAL BREAKDOWN TEMPLATE

Week 4

Project Name

Week 4 Plan

IDENTIFY KEY STEPS FOR WEEK 4

Key Step	Start Date	Date Completed

Week 3 Review

What went well? What didn't go so well? What do you want to incorporate next week?

Thank you

Help us improve.
Share your anonymous feedback here



Like this session?

[SIGN UP FOR MAY 2024 SESSION HERE](#)

A promotional graphic for Creative Work Hour. It features a dark blue background with a lighter blue header. The logo consists of three overlapping circles containing the letters 'C', 'W', and 'H' in white. Below the logo, the text 'Creative Work Hour' is written in a white, sans-serif font. At the bottom, there is a white section with the text 'Creative Work Hour Calendar · Events Calendar' and 'View and subscribe to events from Creative Work Hour Calendar on Luma.' followed by the Luma logo and the URL 'lu.ma'.