



Vision + Focus Prompt Sheet

Reflect and realign each month to stay on purpose.

INSTRUCTIONS

Your business plan should grow with you. At the end of each month, set aside 15–30 minutes to review, reflect, and reconnect to your bigger vision. Use this space to journal honestly and clearly.

There are no right answers—only what's true for you right now. This practice helps you stay intentional instead of reactive, grounded instead of scattered.

Print this out or save it to your desktop. Make a habit of checking in at the end of each month or quarter.

MONTH: _____

1. What worked this month?

Reflect on strategies, habits, conversations, or decisions that brought results—big or small. Include things that felt easy or natural.

2. What felt hard (and why)?

Identify what drained your energy or created resistance. Was it a task? A mindset block? A lack of clarity or capacity?

3. What surprised me?

Capture the moments or lessons you didn't plan for—both good and bad. This could include unexpected opportunities, feedback, or insights.

4. What do I want to shift next month?

Be honest about what isn't working. What needs simplifying, stopping, improving, or realigning?

5. Am I still working toward the right goals—or have they changed?

Your goals should evolve. Revisit your top 3 business goals. Do they still excite you? Are they still relevant?

VISION CHECK-IN

Revisit your bigger “why.”

- What kind of business am I really building?
- Is it aligned with how I want to feel?
- What does success *look* and *feel* like for me—not just the metrics?
- Where do I want to be 3, 6, or 12 months from now?

Write freely:

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