

September Reflections

What did I do well during the month of August?

What do I want to do differently during September?

One thing I'm giving up this month:

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Notes:

Be generous with what you did well during August! Nothing is too small to put on the list. Don't try to do everything differently during September. Just pick one thing. You can give up something mental, emotional, or physical. For example: soft drinks, saying "I'm so stupid," or thinking, "I can't."