

Month in Review: January 2026

Week 4 | Reflection Protocol | Close Loops Before February

"We do not learn from experience... we learn from reflecting on experience." — John Dewey

The Power of Reflection

Purpose: This guided journal helps you capture lessons, celebrate wins, and extract insights from January before moving into February. Monthly reflection turns experience into wisdom.

Time Required: 45-60 minutes of uninterrupted thinking

Best Done: Last week of the month, in a quiet space with no distractions

Part 1: The Data (What Actually Happened)

Goal Review

What were your top 3 goals for January?

Which goals did you achieve? (Be honest)

Which goals did you miss? (No judgment, just facts)

Activity Tracking

How many meaningful professional conversations did you have?

How many pieces of content did you create/publish?

How many new connections did you make?

How much revenue did you generate (if applicable)?

Part 2: The Wins (What Went Well)

Celebrate Your Progress

What are you most proud of this month?

What surprised you in a good way?

What small win deserves more credit than you've given it?

Who helped you succeed? (Name them and how)

****** 💡 **Why Celebrating Matters:**** Research shows that acknowledging progress—even small wins—builds momentum and confidence. Don't skip this section. Your brain needs to know it's making progress.

Part 3: The Lessons (What Didn't Go as Planned)

Extract the Learning

What didn't work this month?

Why didn't it work? (Be specific, not self-critical)

What would you do differently next time?

What assumptions did you make that turned out to be wrong?

Part 4: The Insights (What You Learned About Yourself)

Self-Awareness Check

What energized you this month?

What drained you?

When were you most in flow?

What patterns are you noticing about how you work best?

Part 5: The Relationships (Who Matters)

Network & Community

Who were your most valuable connections this month?

Who do you need to follow up with?

Who surprised you with their generosity or support?

Who do you want to deepen your relationship with in February?

Part 6: The Adjustments (What Changes for February)

Course Corrections

Based on January, what should you **START** doing in February?

What should you **STOP** doing?

What should you **CONTINUE** doing?

What's one experiment you want to try next month?

Part 7: The Gratitude (What You're Thankful For)

Gratitude Practice

What are you grateful for from this month?

Who made a difference in your journey?

What opportunity or challenge are you thankful for (even if it was hard)?

Part 8: Looking Ahead (February Preview)

Setting Up February for Success

What's your #1 priority for February?

What do you need to let go of to make space for that priority?

What support do you need to ask for?

What's one bold move you're committing to?

****💡 Make This a Monthly Habit:**** - ****Schedule it**** — Block 60 minutes on the last Friday of every month - ****Review your past entries**** — Look for patterns over time - ****Share with your GSD Pod**** — Reflection is more

powerful when witnessed - **Celebrate publicly** — Post one win to The Hive community

Closing Ritual

Before you close this journal:

1. **Read back through your answers** — Notice any surprises?
 2. **Choose ONE insight to act on immediately** — What's the most important takeaway?
 3. **Share your biggest win with someone** — Text a friend, post in The Hive, tell your partner
 4. **Set your February intention** — Write it somewhere you'll see daily
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"The unexamined life is not worth living." — Socrates
