

WB 5.1 — 30-Day Reflection

A one-month check-in. Reflection, not a daily grid.

Purpose After a month of practice, this reflection helps you notice what has shifted — which tools stuck, which baselines improved, and what to focus on next — without the pressure of a daily tracking chore.

How to use this page

When: Complete at the one-month mark. Look back gently; progress is rarely a straight line.

Done when: You have named one tool that stuck, one baseline that shifted, and one focus for the next month.

Worked example

What stuck: the Now Protocol — I use it without thinking now.

Baseline shift: sleep is more consistent than a month ago.

Next month's focus: bring the same consistency to movement.

Anchor Phrase: 'Progress is a direction, not a straight line.'

Loop stage: Recover

The tools I actually used most this month:

Which baselines improved, held steady, or slipped:

A pattern I interrupted, or a loop I closed more often:

One thing I am doing more easily now than a month ago:

My one focus for the next 30 days:

☐ Self-Reward Loop completed