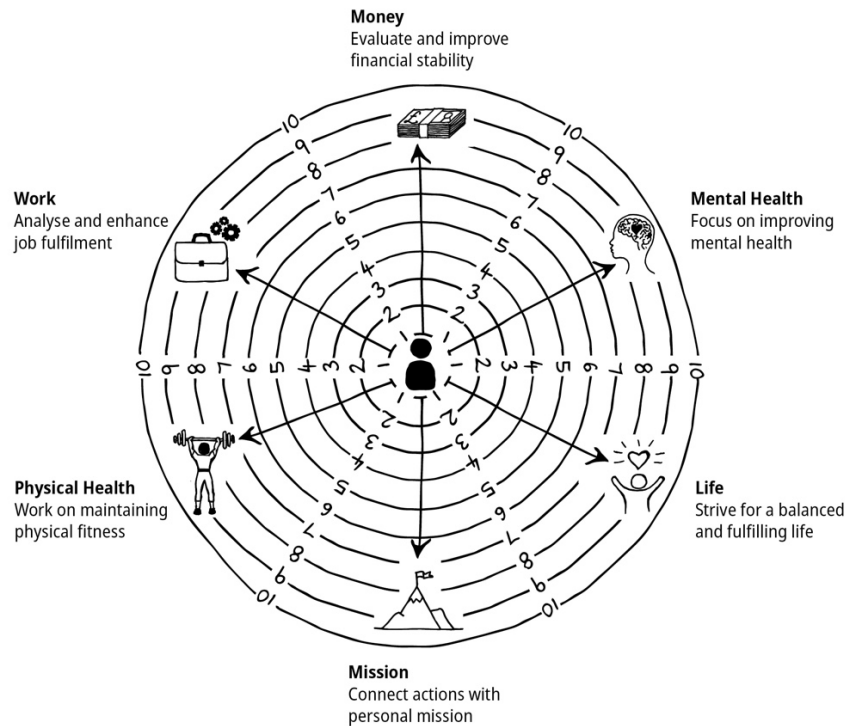


Paradigm Calibration: Monthly Progress Check-In

Paradigm Calibration: Monthly Progress Check-In Template



Track your progress across the three core paradigms and spot imbalance before it builds.

Use this template to stay aligned with your goals, maintain balance, and stay on track toward reaching your destination. It will identify imbalances and enable you to recalibrate before it's too late!

INSTRUCTIONS

Use the table on the following page.

- Give a score of 0-10 for each sub-paradigm. 0 being the lowest and 10 being the best you can award.
- **Notes:** Use this space to jot down reflections, challenges, or insights that might be helpful for your next steps.
- **Action Needed:** After each section, write down any actions you'll take to recalibrate or improve in that area.

DATE		
MONEY-MISSION Paradigm	Sub-Score	Notes
Financial Progress (0–10)	/10	
Mission Impact (0–10)	/10	
Integration Level (0–10)	/10	
Total Score For Money-Mission Paradigm	/30	
Action Needed (What's the one thing that would create the most impact here this month?)		
MENTAL-PHYSICAL Paradigm	Sub-Score	Notes
Mental Clarity (0–10)	/10	
Physical Wellbeing (0–10)	/10	
Energy Levels (0–10)	/10	
Total Score For Mental-Physical Paradigm	/30	
Action Needed (What's the one thing that would create the most impact here this month?)		
WORK-LIFE Paradigm	Sub-Score	Notes
Professional Achievement (0–10)	/10	
Personal Fulfilment (0–10)	/10	
Relationship Quality (0–10)	/10	
Total Score For Work-Life Paradigm	/30	
Action Needed (What's the one thing that would create the most impact here this month?)		
OVERALL CALIBRATION SCORE	/90	
PRIORITY ADJUSTMENT REQUIRED		

Additional Notes