Mid-year Review

LIVE A WELL-DESIGNED LIFE; CONSCIOUSLY, INTENTIONALLY & WHOLEHEARTEDLY!

Hello Beautiful ♡

Time has been whizzing by and we're already half-way through the year. We all have had to get used to new normal, and I guess at some point, we still are. As you shift your inner attitude from one of looking for certainty in an uncertain world, to knowing that all is well in every moment of your life, you step into the best version of yourself .

Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way.

You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing of courage, of beauty, of wisdom, of power, of dignity, and of love ♡

Remember; When we can slow down enough to ask ourselves, "what do I *actually* need in this moment?", we create an opportunity to meet our needs instead of continue doing what we *think* we need but isn't actually serving or supporting us.

I find that it's so easy to get caught up in day-to-day life - you start off the year with goals written out and with the best intentions of reaching them, but then life gets in the way!

So, now is the perfect time to take a step back and reflect on what's happened so far, address potential blocks and problems that have held you back, set new goals and map out the rest of the year. In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to ♡

First, let's review the First half of your year.

What did you accomplish so far this year that you are proud of?

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What worked well?

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What did not work so well?

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What time and energy sucks are you currently facing?

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Where could you improve?

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How has your Life been in these areas?

Lifestyle:

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Mind, Body & Soul:

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Creativity + Learning:

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Relationships + Community:

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Spirituality:

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Now, let's look forward and create your goals for the rest of the year. How would you like Life to be in these areas in the next 6 months?

Lifestyle:

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Mind, Body & Soul:

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Creativity + Learning:

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Relationships + Community:

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Spirituality:

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If you could have anything you want to have happen in your life over the next 6 months, what are the top 3 things?

1.)
2.)
3.)

Why are those things important to you? Why do you want those three things?

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Who do you have to become to make your goals happen? Do you need to grow? Do less? Make a leap? Be a better delegator? Get help?

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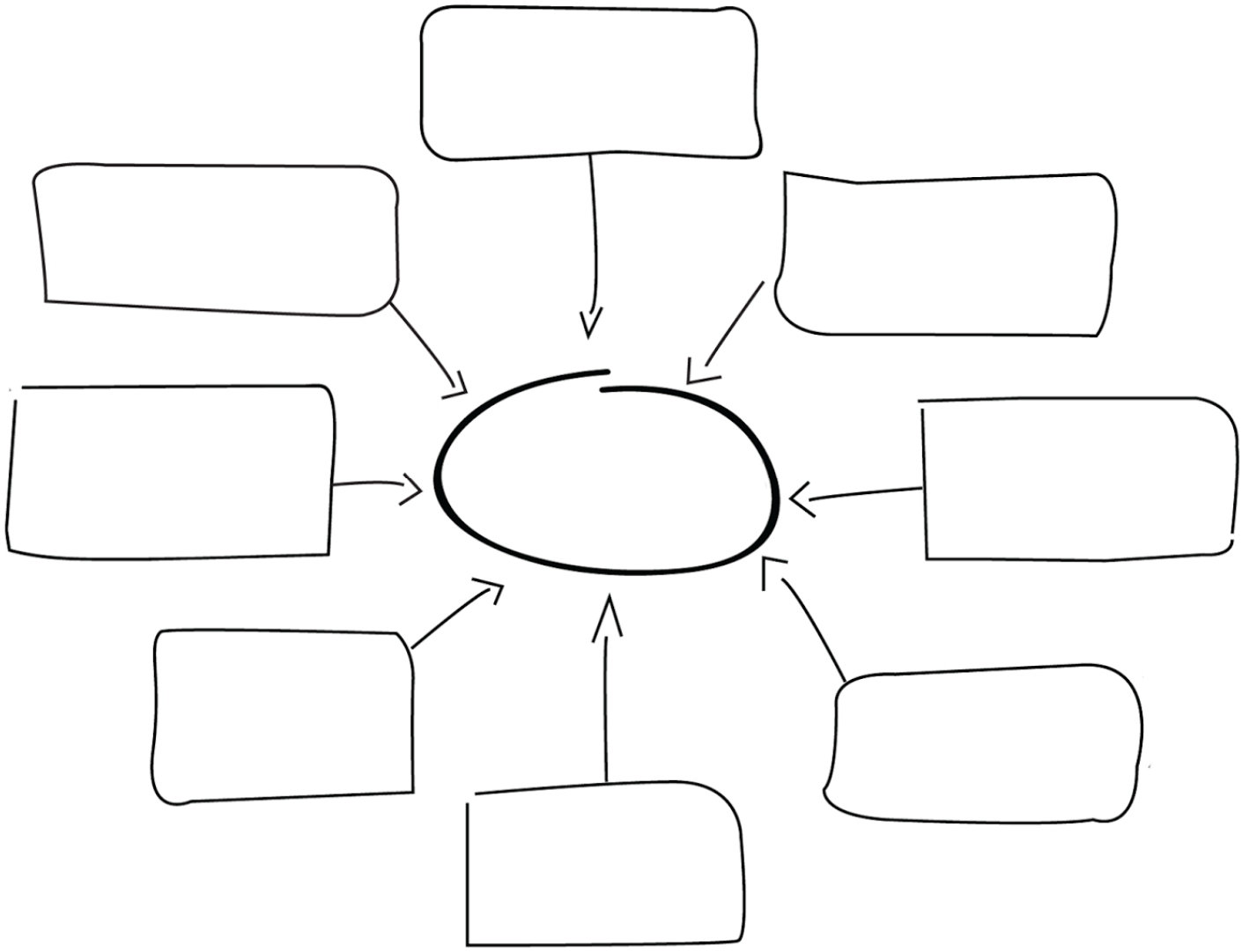
Beautiful! Let's create an action plan to reach those goals now.

Goal #1:

Steps I can take now:
1.)
2.)
3.)
4.)
5.)

Steps I can take later:
1.)
2.)
3.)
4.)
5.)

Map out your goal:

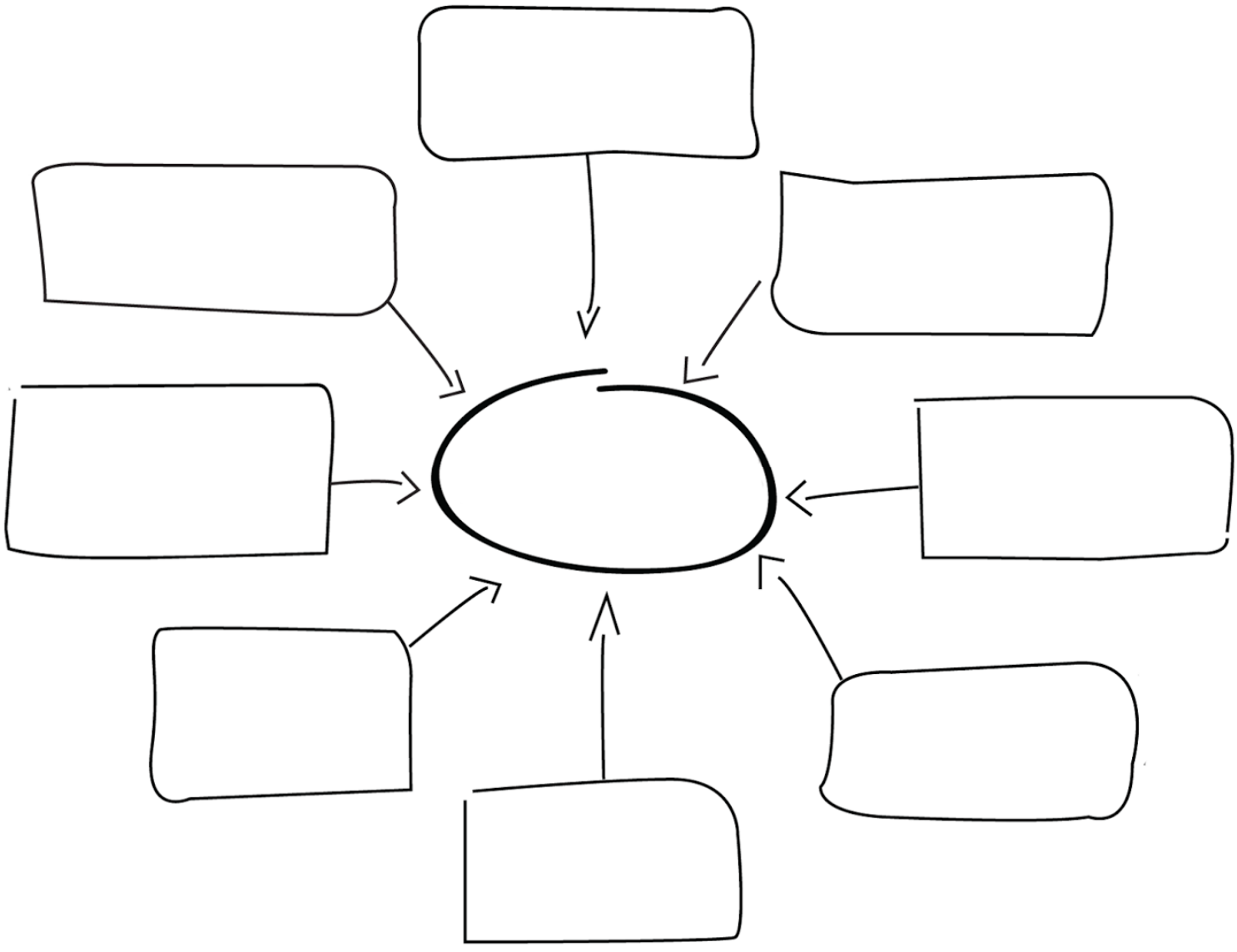


Goal #2:

Steps I can take now:
1.)
2.)
3.)
4.)
5.)

Steps I can take later:
1.)
2.)
3.)
4.)
5.)

Map out your goal:

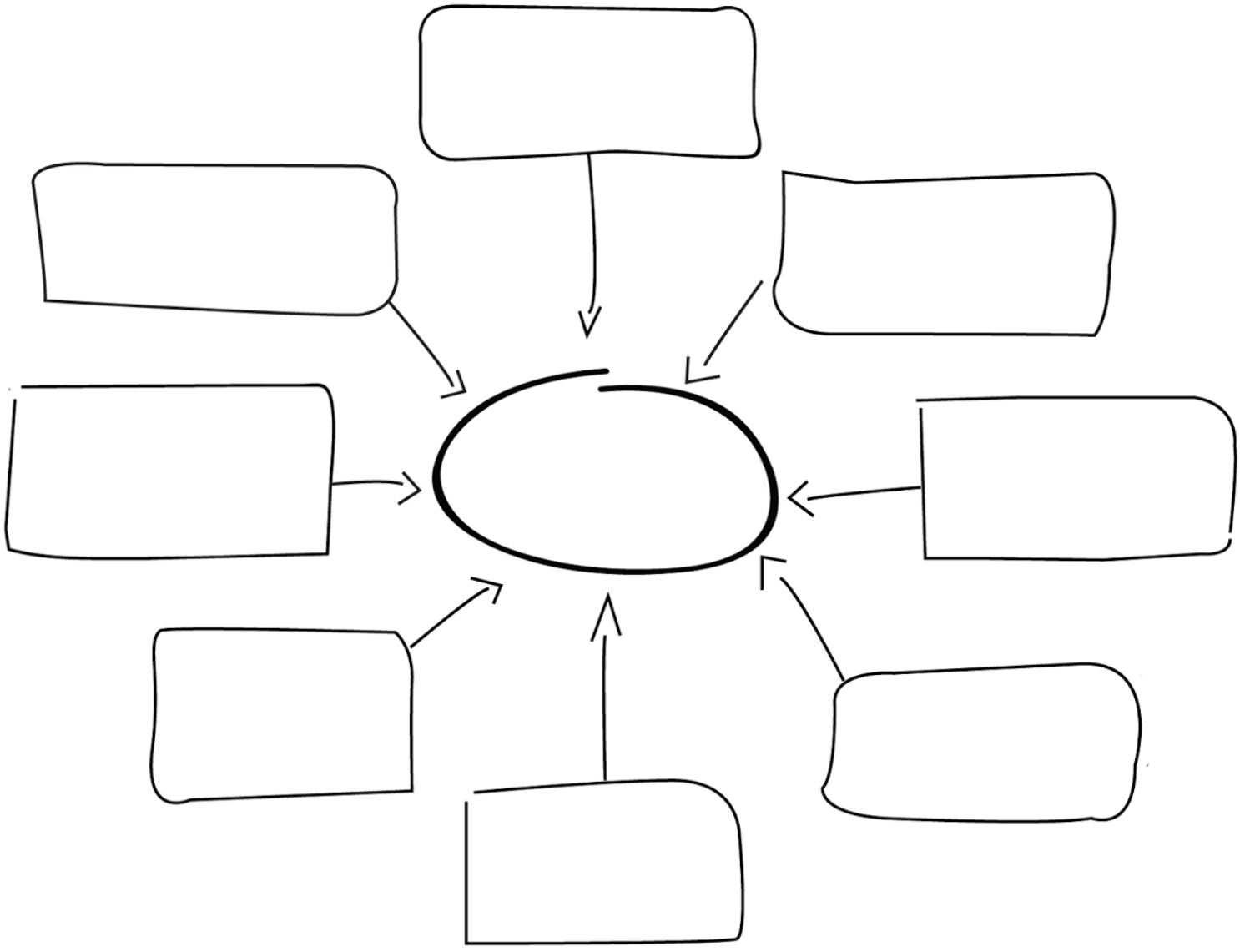


Goal #3:

Steps I can take now:
1.)
2.)
3.)
4.)
5.)

Steps I can take later:
1.)
2.)
3.)
4.)
5.)

Map out your goal:



Remember, incredible things can happen when you ask for help.

Books on your reading list:
1.)
2.)
3.)
4.)
5.)

Events that will help move you closer to your goals:
1.)
2.)
3.)
4.)
5.)

Rules on your time so you stay productive:
1.)
2.)
3.)
4.)
5.)

How are you going to make sure you have dedicated time to focus?
1.)
2.)
3.)
4.)
5.)

What help do you need to reach your goals?
1.)
2.)
3.)
4.)
5.)

Who will you contact and when?
1.)
2.)
3.)
4.)
5.)

We all have possibilities we don't know about. We can do things we don't even dream we can do. Do not fear going forward slowly; fear only to stand still.

In the end, just three things matter: How well we have lived How well we have loved How well we have learned to let go.

Last but not least; There is only one person who could ever make you happy, and that person is you. Life can hit you from all directions but how fast you get up and recover shows just how strong of a person you are!