



Mid-Year Check-In Worksheet

PART	QUESTION	REFLECTION
LOOKING BACK	What have I accomplished so far this year? What am I most proud of accomplishing? What moments made me feel most energized or fulfilled? What challenges have I faced / didn't go as planned? What did those moments teach me? What have I learned about myself in the past six months?	
REFINE & REALIGN	Looking at my goals (from January), which of these still feel meaningful today? What's feeling off, heavy, or no longer serving me? What daily or weekly habits have truly supported my well-being and growth? Which habits, routines, or mindsets have held me back or drained my energy?	



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LOOKING AHEAD	How do I want to feel for the rest of the year? What areas of my life need more attention or care right now? What do I need more of? Based on this, what are 1 – 3 fresh intentions or focus areas for the rest of the year? What is one small step I can take this week to honour these intentions?	
AFFIRM & ANCHOR	Write a short note of encouragement or intention to your future self. Write a gentle affirmation or mantra to guide you.	