



CONDUCT YOUR HALF-YEAR AUDIT

This sheet guides you through a personal mid-year reflection.

- 1** Find a quiet space and grab a pen and paper.
- 2** List your achievements first, no matter how small.
- 3** Acknowledge setbacks without judgment.
- 4** Identify patterns or obstacles that emerge.
- 5** Consider what these insights mean for your next steps.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

TUE

WED

THU

FRI

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Clarity is the first step to momentum.