



2016 MID YEAR REFLECTION  
& CELEBRATION WORKBOOK

"Reflection brings the clarity that unveils  
your path so your new journey can begin."

-Leah Goard

DEFINE DESIGN ALIGN

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## PERSONAL REFLECTION, CELEBRATION & RELEASE

1. How have you predominantly felt during the first half of the year?
2. What are your greatest personal “high fives” since January?
3. What has been working well in your personal life that you want continue to cultivate for the rest of the year?

4. What hasn't been working well in your personal life? What are the reasons, and what will you choose to do differently to shift or improve them?
5. What are your greatest personal lessons since January?
6. What are you most grateful for so far this year?
7. If you could wave a magic wand, what three things would you change, shift or let go of that would make the biggest impact in your personal life?

## BUSINESS REFLECTION, CELEBRATION & RELEASE

DEFINE  
DESIGN  
ALIGN

1. How have you predominantly felt in your business through the first half of the year?
2. What are your greatest business “high fives” since January?
3. What has been working well in your business that you will bring forward into the rest of the year?

4. What are your greatest business lessons so far this year?
5. What hasn't been working well in your business? What are the reasons, and what will you choose to do differently to shift or improve them?
6. How do you feel about your finances so far this year? Are you on top of managing your money? Are you reaching your financial goals?

7. Is there anything that you know you need to do, change or shift in your financial world? What is it?

8. What marketing has been working for you so far this year that you will continue or expand on for the rest of the year? And what new marketing initiatives do you need to put into place to reach your sales goals for the year?

9. If you could wave a magic wand, what three things would you change, shift or let go of, that would make the biggest impact in your business?

*Use this space to write down anything else that you want to capture, celebrate or release as you move into the second half of the year.*