



HALF YEAR REVIEW

WORKBOOK

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WELCOME TO YOUR HALF YEAR REVIEW

Well hey there!

We're officially halfway through the year - can you believe it?!

Have you started planning ahead for the rest of the year? Deciding how we want to feel, what we want to achieve and how we can best support ourselves is a key step towards living our ideal lives. But there's another step we need to take too...

Because it's hard to set a course for where we want to get to unless we know where we are NOW. Setting time aside regularly to pause and review or reflect on where we put a stake in the ground - it helps us say "I'm here" and plan the key steps we need to take next to achieve our exciting goals.

Another reason to reflect is to gather information. Information that will help us to choose how to spend our precious time, energy and resources over the coming months. What will we let go of that isn't serving us? What will we keep? What will we start doing? What habits do we need to build into our routine?

I make time to pause and review each day, week, month, quarter and year as a whole and I KNOW that it gives me more clarity, gratitude and forward momentum.

So I've filled this workbook with questions that you can use to pause and reflect on where YOU are right now, in different areas of your life.

A note of caution: while completing the workbook, please don't start beating yourself up for not meeting your expectations so far this year!

That's NOT what pausing to reflect is about. It's about being curious and honest and kind with ourselves and gathering information so that we can make informed choices about how to best spend our time going forwards.

So have fun filling in your workbook and setting your compass for success - whatever that looks like for you!



REFLECT ON... PERSONAL GROWTH

- What personal goals did I set for myself so far this year and have I met them?
- What has gone well? What hasn't gone as well as I expected?
- What have I learned from my experiences? What have I learned about myself?
- Where do I need to keep learning?
- What habits have I cultivated that have served me? What habits haven't served me? What new habits do I need to build into my routine to support me?
- Where can I share my knowledge to help others?
- What has made me happy / fulfilled / content?
- How am I building 'brand me'?
- How have I worked on 'legacy building'?
- Have I honoured myself with time to enjoy the things I love to do?
- What am I grateful for?
- What successes can I celebrate and how?

Your notes...



REFLECT ON... HEALTH & FITNESS

- How do I feel in my body?
- How has my health been so far this year?
- What health goals have I been working on and have I achieved them? If not, why?
- Do I feel confident that I'm eating a balanced and nutritional diet that suits my body?
- Have I found an exercise routine that works for me and that I enjoy?
- Am I staying hydrated throughout the day?
- Am I drinking more than the recommended amount of alcohol per week?
- Am I sleeping enough? Do I have a sleep routine that sets me up for a restful night?
- Am I building self-care and fun into my life?
- Are there any health niggles that I've been putting off talking to a professional about?

Your notes...



REFLECT ON... MY MINDSET

- How has my mindset served me so far this year?
- Who has been more in control of my mindset - me or my inner cave woman?
- What thoughts have I had that held me back?
- What beliefs have I been holding on to that I'd like to let go of?
- What beliefs and thoughts have served me well?
- Have I felt confident enough to tackle the challenges in my life and business?
- When things have not gone as I expected, have I been able to have a sense of perspective and bounce back quickly?
- Have I felt successful? Have I felt satisfied with my life overall? If not, what goals can I set myself now?

Your notes...



REFLECT ON... RELATIONSHIPS

- Have I spent quality time with the people in my life who are most important to me?
- Has there been someone special that I've enjoyed spending time with?
- Have I had people there to support me through the tough time?
- Are there any relationships that have not been as positive as I would have liked?
- Am I happy with the level of intimacy in my life?
- What are some of the best moments I've had in my relationships this year?
- Are there any relationships / circles that I need to work more on?
- Are there any relationships / circles that I need to let go of?
- Have I been the partner / friend / daughter / sister / mother / aunt / grandmother that I wanted to be?
- Have I supported and encouraged those around me?

Your notes...



REFLECT ON... YOUR WORK OR BUSINESS

- What has gone well so far this year? What hasn't gone so well? Why do you think that is?
- What have you loved doing? What have you not enjoyed doing?
- Where have you spent the majority of your time so far this year? What activities, with what people, doing what tasks?
- What have you learned? What do you want to change as a result?
- Where have you been 'busy' vs productive?
- Other things to consider: How is your customer base & retention / email list growth & churn, social media followers by channel, testimonials received and implemented in marketing, stickiness of social media schedule content, content interaction and shares, JV partnership results, affiliate deals review, tech platforms review - email / website / online store / content scheduling, design review, content review.

Your notes...



REFLECT ON... YOUR BUSINESS FINANCES

How we feel is one thing... but the numbers don't lie! Use the boxes below to answer these questions about your business finances for the last quarter:

- What products have you launched? What flew? What bombed? Why?
- What was your income?
- What was your expenditure?
- How much profit did you make?
- What drove your income? What products or services sold best? What clients did you start working with and how much did they pay you? What marketing activities drove most enquiries / sales?

Your notes...



DREAM BIG

LET'S IMAGINE THE FUTURE... WHAT DOES SUCCESS LOOK LIKE IN EACH OF THESE AREAS IN THE SECOND HALF OF THE YEAR?

PERSONAL GROWTH

MINDSET

RELATIONSHIPS

WORK/BUSINESS



TURN DREAMS INTO GOALS

WRITE OUT THE DREAMS THAT EXCITE YOU THE MOST AS MEASURABLE END GOALS
FOR THE SECOND HALF OF THE YEAR
(REMEMBER TO KEEP YOUR GOALS WITHIN YOUR SPHERE OF INFLUENCE)

ie. I will plan, create and launch a new podcast to promote my business by 31 December.



YOUR INCOME GOALS

HOW MUCH INCOME DO YOU NEED/WANT TO GENERATE FOR
THE SECOND HALF OF THE YEAR?

MY INCOME GOAL FOR H2 IS...

MY Q1 INCOME WAS...

MY Q2 INCOME WAS...

MY Q3 INCOME GOAL IS...

MY Q4 INCOME GOAL IS...



INCOME GOALS PART II

LOOK BACK AT THE OVERALL GOALS YOU'VE SET YOURSELF
AND COMPARE THEM WITH YOUR INCOME GOALS - DO THEY
ALIGN?

MY Q3 INCOME GOAL IS...

MY Q4 INCOME GOAL IS...

OVERALL GOALS THAT
ALIGN WITH THIS
INCOME GOAL

OVERALL GOALS THAT
ALIGN WITH THIS
INCOME GOAL



CLEAR SPACE FOR YOUR GOALS

TO CLEAR SPACE FOR MY NEW GOALS I
WILL **STOP** DOING THESE THINGS IN MY
LIFE

TO CLEAR SPACE FOR MY NEW GOALS I
WILL **START** DOING THESE THINGS IN
MY **LIFE**

TO CLEAR SPACE FOR MY NEW GOALS I
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TO CLEAR SPACE FOR MY NEW GOALS I
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MY WORK/BUSINESS



THANK YOU

For downloading this resource and making a commitment to stepping out of your comfort zone and into your growth zone, developing clarity, courage, competence and consistency along the way.

YOU FREAKIN ROCK! Want to continue the conversation? Get in touch using the details below.

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