

# MID-YEAR RESET REFLECTION WORKSHEET

## Break Through & Build Forward

This Worksheet is your space to pause, breathe, and check in with you. No pressure. No shame. Just honesty, clarity, and a little compassion.

Use the spaces below to **reflect** on what's been working (and what hasn't), then **realign** with your current values and goals, and finally **rebuild** a plan that makes sense for where you are now; not where you thought you'd be.

Remember, you don't need to be perfect in this process but you do **NEED TO BE PRESENT.**



## SECTION 1: REFLECT

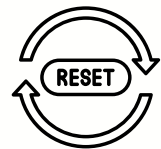
**Look back with honesty, not judgement.**

This is your space to pause and check in with how you've been moving. As you read through, ask yourself: **What been serving me? What's been draining me? What money habits came from "survival", and what came from "intention"?**

### Prompts:

- What financial wins are you proud of so far this year?
- What habits have you been consistent with?
- What moments made you feel overwhelmed, stuck, or disconnected from your money?

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## SECTION 2: REALIGN

**Reconnect to what actually matters to you right now.**

Your needs, values, and goals may have shifted, and that's okay. This section helps you let go of what no longer fits and get clear on what does.

### Prompts:

- Think about your money goals. Which ones still feel aligned for your life and which ones don't?
- What habits, routines, or beliefs do you need to release or revise?
- What does financial wellness look and feel like for you in this season of your life?

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## SECTION 3: REBUILD

**Choose your next steps with intention.**

Now that you're clear on what's working and what needs to shift, LET'S BUILD FORWARD. Remember, this is about sustainable action, not pressure.

### Prompts:

- What is one financial habit your committing to for the next 30 days?
- How will you stay consistent with this habit?
- What is one thing you will do differently in Q3 to support your financial peace and progression?

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## REFLECTION SPACE

USE THE SPACE BELOW FOR ADDITIONAL REFLECTION SPACE

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### Note:

**Reflection gives you clarity and CONSISTENCY builds your momentum!**

This reflection worksheet will help you get grounded in where you are and what needs to shift. Once you're done, start working on the **30-Day Financial Consistency Tracker** to turn the clarity that you just gained into small, repeatable habits that move you forward, one step at a time.

# 30- DAY FINANCIAL CONSISTENCY TRACKER



Build Strong Money Habits, One Day at a Time

Consistency is the secret to financial success; not perfection.  
Use this tracker and the sections below, to stay focused on one small,  
meaningful habit that will move you closer to your goals every day.

## CHOOSE YOUR FINANCIAL HABIT

What's one financial habit you want to build this month?

Why This Habit Matters:

## DAILY HABIT TRACKER

Each day you complete your habit: check a box.

WK: 1						
WK: 2						
WK: 3						
WK: 4						
WK: 5						

## WEEKLY REFLECTION

Week 1: What felt easy? What was challenging?

Week 2: Are you noticing any benefits?

Week 3: What can you do to make this habit easier?

Week 4: How has this habit impacted your financial mindset?

## END-OF-MONTH REFLECTION

How many days did you stick to your habit?

What did you learn?

Do you want to keep go or pick a new habit?

Next Habit I Want to Build:

# REFLECTION SPACE

USE THE SPACE BELOW TO ANSWER THE REFLECTION QUESTIONS FROM THE PREVIOUS PAGE.

## WEEKLY REFLECTION:

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## END-OF-MONTH REFLECTION:

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