



Mid-Year Realignment

A Personal Reflection & Planning Workbook

Pause. Reflect. Reset.

The middle of the year offers an opportunity to step back and evaluate where you've been, where you are, and where you'd like to go next. This worksheet is designed to help you celebrate your progress, learn from challenges, reconnect with what matters most, and move into the second half of the year with intention.

Part 1: Looking Back

Reflect on Your Year So Far

What were your hopes, goals, or intentions for this year?

What progress have you made so far?

What has changed since the beginning of the year?

Do your goals still reflect what matters most to you?

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- Yes
- Somewhat
- Not anymore

If not, what needs to be adjusted?

Part 2: Lessons & Challenges

What Has Been Difficult?

What obstacles, challenges, or unexpected circumstances have impacted you this year?

What have these experiences taught you?

What support do you need more of moving forward?

Part 3: Celebrate Your Wins

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Take a moment to recognize your growth.

List at least one win in each area:

Relationships

Work or School

Home Life

Finances

Physical Health

Mental & Emotional Well-Being

Personal Growth

Fun & Recreation

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What accomplishment are you most proud of?

How will you celebrate your progress?

Part 4: Life Balance Check-In

Rate each area from 1-10.

Area	Score
Relationships	
Work/School	
Home Environment	
Finances	
Physical Health	
Mental & Emotional Well-Being	
Personal Growth	
Fun & Recreation	

Which area would benefit most from your attention?

Which area is stronger than you realized?

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Part 5: Looking Ahead

Creating Your Vision for the Next Six Months

What do you want more of?

What do you want less of?

What habits, routines, or boundaries would support that vision?

What is one meaningful goal you'd like to accomplish before the end of the year?

What is the first step?

Part 6: Projects & Priorities

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What projects or commitments are most important during the next six months?

1. _____
2. _____
3. _____

Which one deserves your focus first?

What does success look like?

Final Reflection

Complete the sentence:

The version of me I hope to become would thank me for...

Dream Without Limits

If everything went better than expected over the next six months, what would happen?

Wouldn't it be amazing if...

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Remember

Progress is not always measured by productivity.

Growth can look like healing.

Growth can look like rest.

Growth can look like changing direction.

The goal is not perfection.

The goal is alignment.

Created by Stafford Counseling & Consulting, LLC

"Helping people move from surviving to thriving through greater self-awareness, emotional wellness, and intentional living."

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