



# Reflect, Refocus, and Recharge!

## *Mid Year Check In*

Can you believe we're already halfway through the year? It's the perfect time to pause, reflect on your journey so far, and set intentions for the months ahead. To assist you in this mid-year self-discovery, I've put together a comprehensive check-in guide filled with thought-provoking journal prompts. Grab your favorite journal, find a quiet space, and let's embark on this introspective journey together!



## **1. Celebrate Your Milestones:**

- What accomplishments, big or small, have you achieved in the past six months?
- How have these accomplishments contributed to your personal growth and well-being?
- What strengths or skills have you discovered or developed during this time?

## **2. Reflect on Lessons Learned:**

- What challenges or setbacks have you faced, and what lessons have you learned from them?
- Is there a recurring theme or pattern in the obstacles you've encountered? How can you approach them differently going forward?
- How have these experiences shaped your perspective and influenced your priorities?

## **3. Realign with Your Values and Priorities:**

- Are your current goals and aspirations still aligned with your values? If not, what adjustments need to be made?
- What aspects of your life bring you the most fulfillment and joy? How can you prioritize them moving forward?
- Are there any areas where you feel out of balance? How can you create more harmony in those areas?



#### **4. Cultivate Self-Care and Well-being:**

- How have you been nurturing your physical, mental, and emotional well-being?
- What self-care practices or habits would you like to incorporate or strengthen in the coming months?
- How can you create more time and space for activities that bring you peace and rejuvenation?

#### **5. Set Intentions for the Future:**

- What specific goals or intentions do you want to focus on for the remainder of the year?
- How can you break them down into smaller, actionable steps?
- What support or resources do you need to accomplish these goals?

Remember, this check-in is a valuable opportunity to reconnect with yourself, realign your path, and embrace the second half of the year with renewed energy and purpose. Trust your instincts, be kind to yourself, and embrace the growth that lies ahead.

Wishing you a fulfilling and transformative journey ahead!

-With MAD Love,

Victoria



# READY FOR MORE?

*Attract and create the life you desire.*

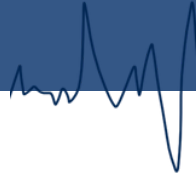
What began as a journey of self exploration and healing from a difficult divorce has now boomed to a growing and flourishing lifestyle brand created to empower women with tools, books, courses and products that will encourage growth in all the key areas of life.

Fueled by Gratitude's mission is to help women discover a life in which they are not just surviving but a life in which they are thriving in.

RETREATS

COACHING

COURSES



Book a free strategy call with me!  
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