

The Mid-Year Review:

Your Fulfilled & Limitless
Check-In

*"You can't change what you don't
acknowledge—and you can't create what
you don't clearly define."*

— Christi Cossette

Creating Your Roadmap: Your Roadmap Template

We often wait until the end of the year to reflect, reassess, and reset—but high-achieving, purpose-driven women know success comes from intentional check-ins along the way.

This is your opportunity to realign with what matters, clear out distractions, and reset your vision for the remainder of the year.

Let's get honest. Let's get intentional. Let's get limitless.

Step 1: Define Your Values

Your values are your internal compass. They guide your decisions, set your standards, and keep you anchored in what matters most.

If you've never clarified your top values—this is your moment.

Need inspiration? Here's a short values list to spark your thinking:

Freedom | Family | Growth | Faith | Impact | Integrity | Success | Joy | Connection | Health | Love | Wealth | Adventure | Service | Leadership | Peace | Excellence

Why Values Matter:

- They help you set boundaries
- They make decision-making easier
- They keep you aligned with your purpose
- They help you say "yes" and "no" with confidence

Values Reflection:

My Top 3-5 Values:

- 01
- 02
- 03
- 04
- 05

Where did I live out those values over the past 6 months?

Where did I compromise my values?

Are there values I've outgrown or ones I want to elevate now?

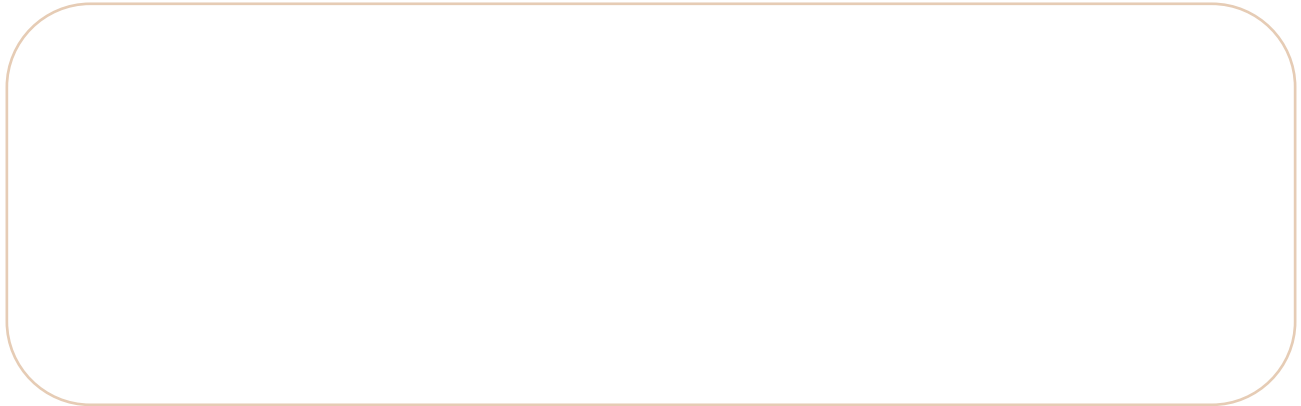
Step 2: Reflect on the Past 6 Months

We don't grow by staying busy—we grow by paying attention.

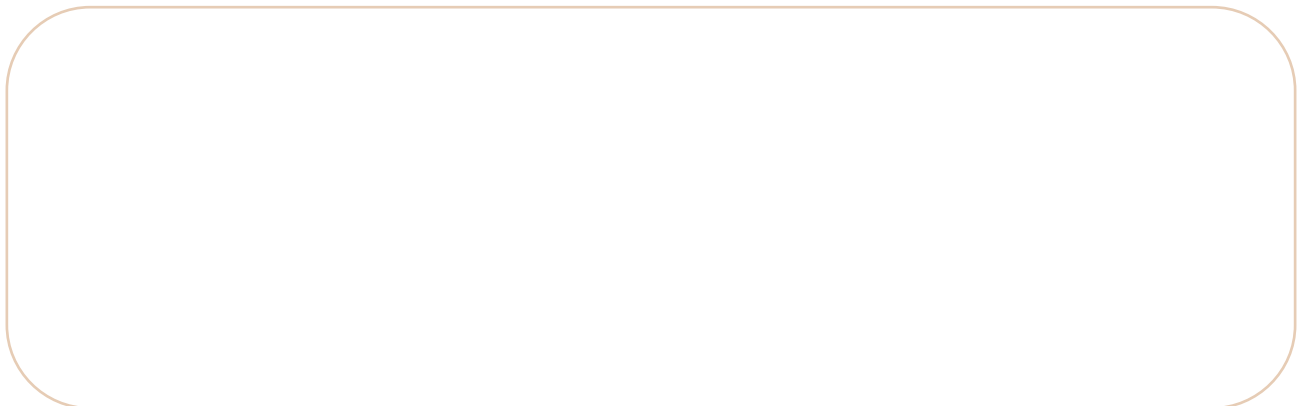
Look back before you move forward.

Calendar + Wins Audit:

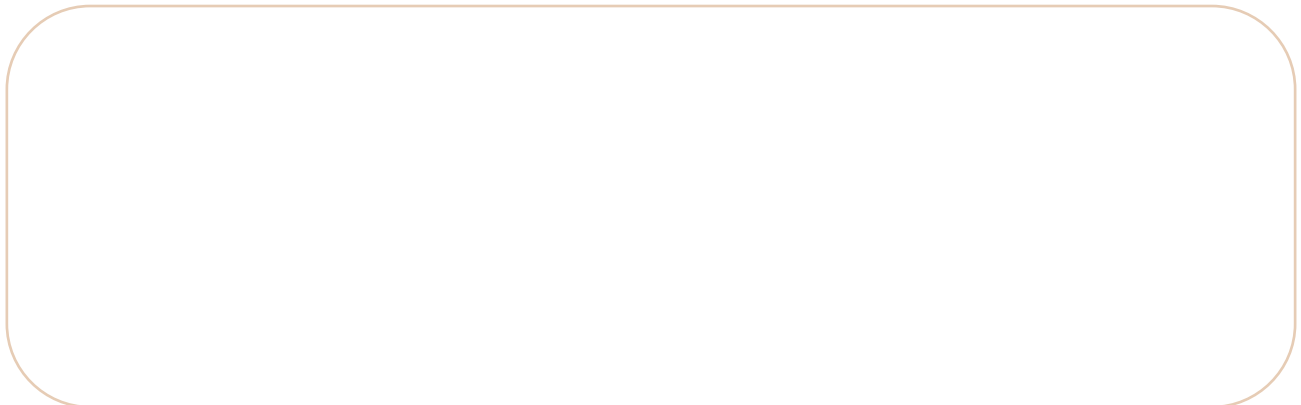
What did I accomplish over the past 6 months? Big or small, list them all.



What brought me the most joy, fulfillment, or energy?

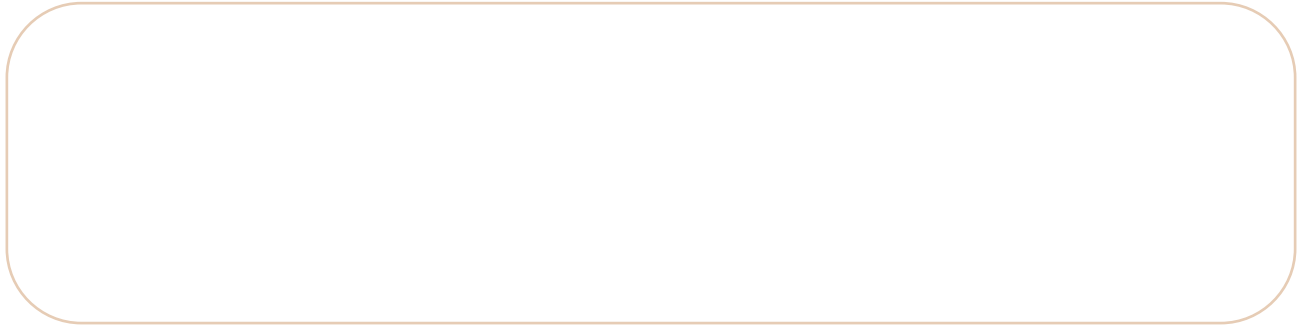


What drained me, frustrated me, or wasn't worth the cost?

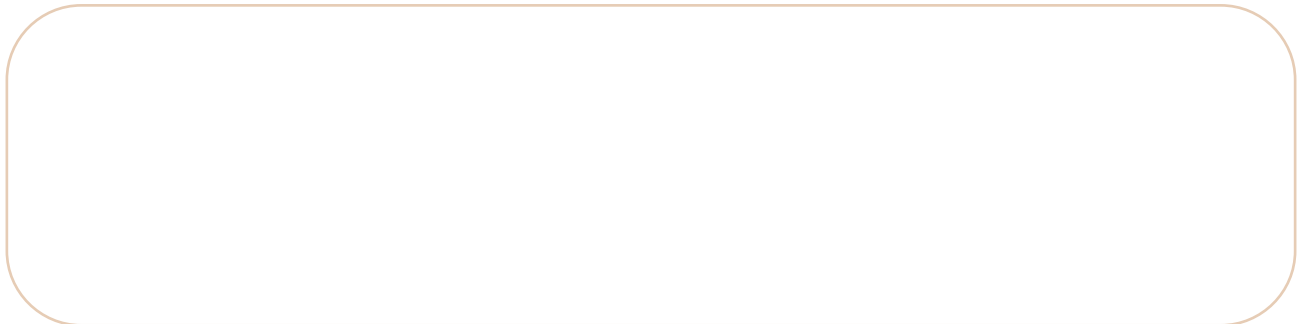


Goal Check-In:

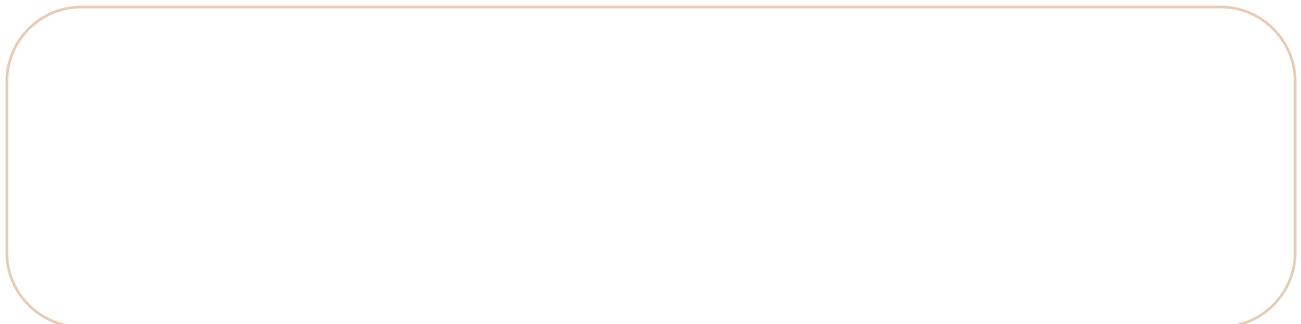
Did I set goals for this year? (If yes, list them below.)



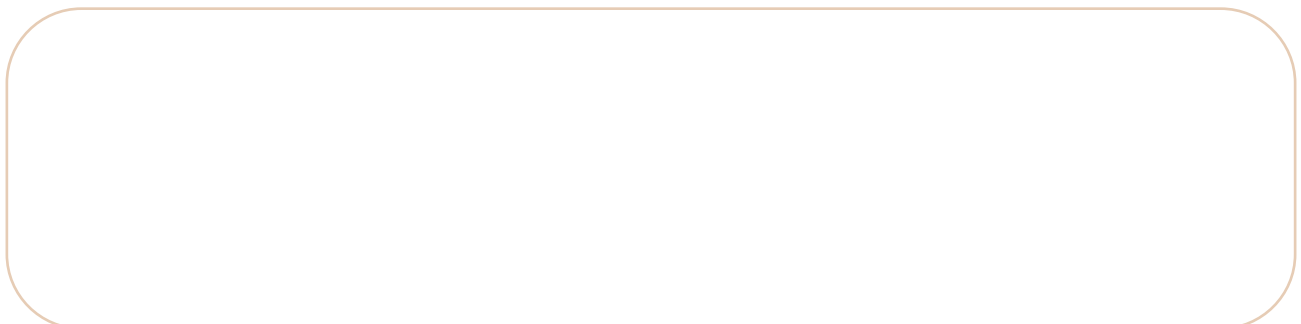
Am I still aligned with those goals?



Is there anything I thought I wanted but no longer care about? (Permission to re-lease it!)

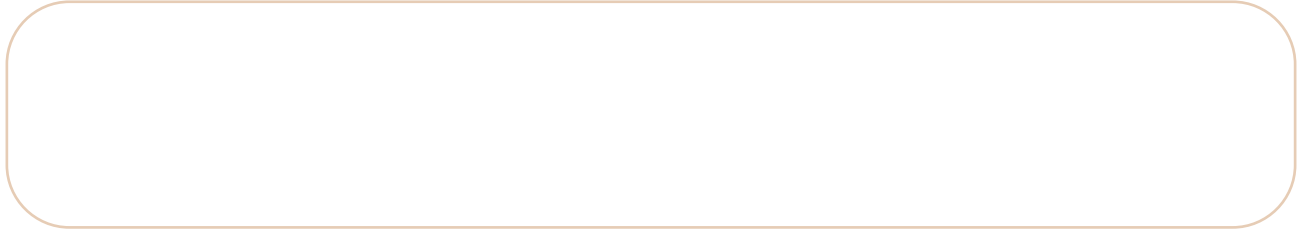


Is there anything new I feel called to pursue now?

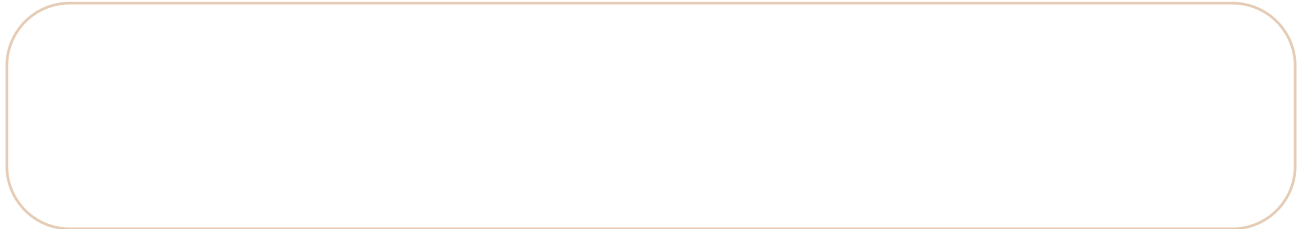


Reflection Prompts:

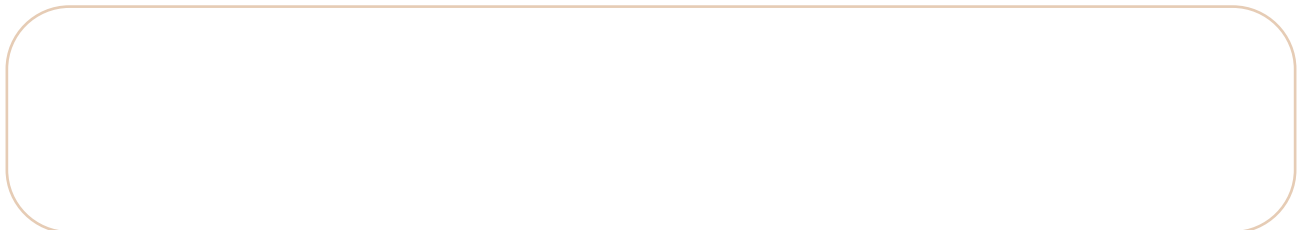
What am I proud of?



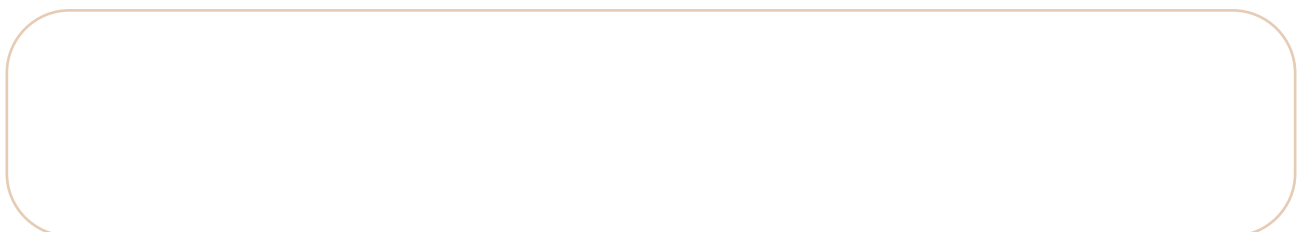
What do I wish I had done differently?



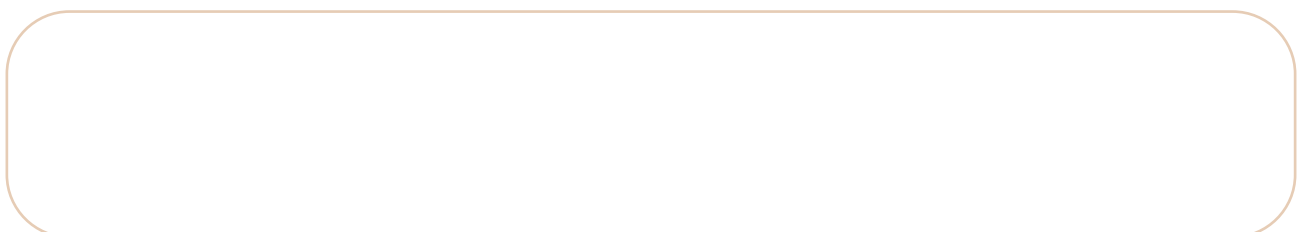
Where have I surprised myself?



Where have I been holding back?



What lessons or breakthroughs emerged over the past 6 months?



Step 3: Take Inventory of the Present

Awareness creates power. It's time to get real about what's working—and what's not.

What's Working:

What's going well in my life right now?

Where am I seeing progress or momentum?

What habits, routines, or mindsets have been supporting me?

What should I continue doing?

What's Not Working:

Where am I stuck, frustrated, or off track?

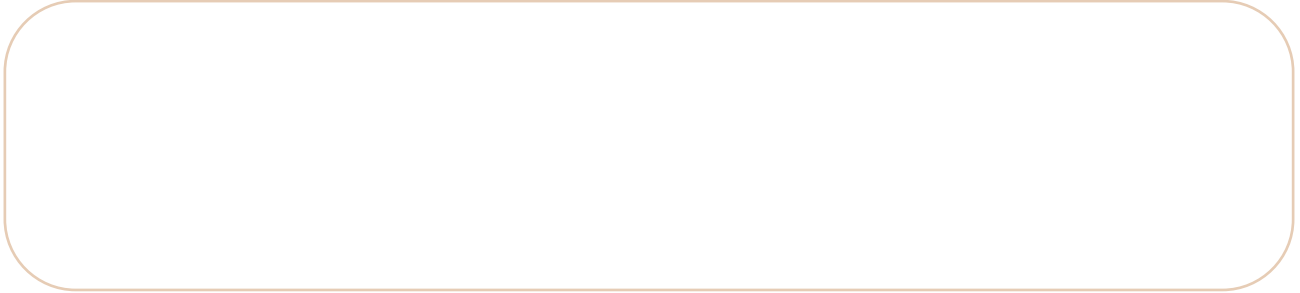
Have I been living in alignment with my values?

Where have I let distractions, fear, or excuses creep in?

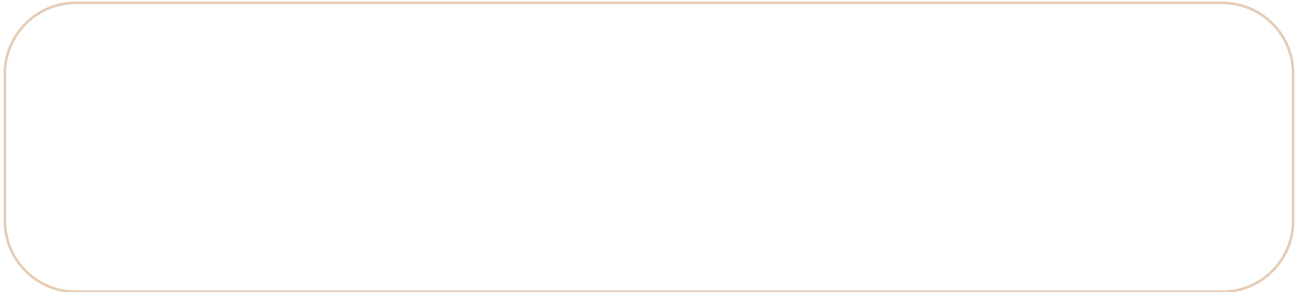
Have I been honoring my health, energy, and relationships?

Power Questions:

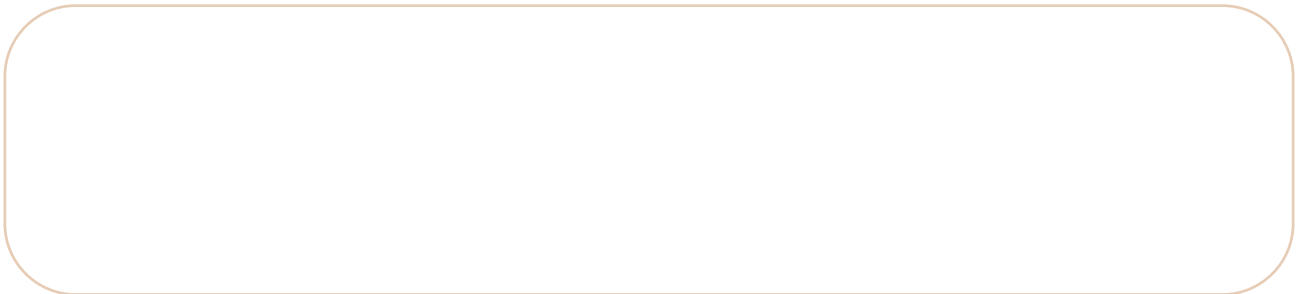
What's the ONE thing I could START doing that would make the biggest difference?



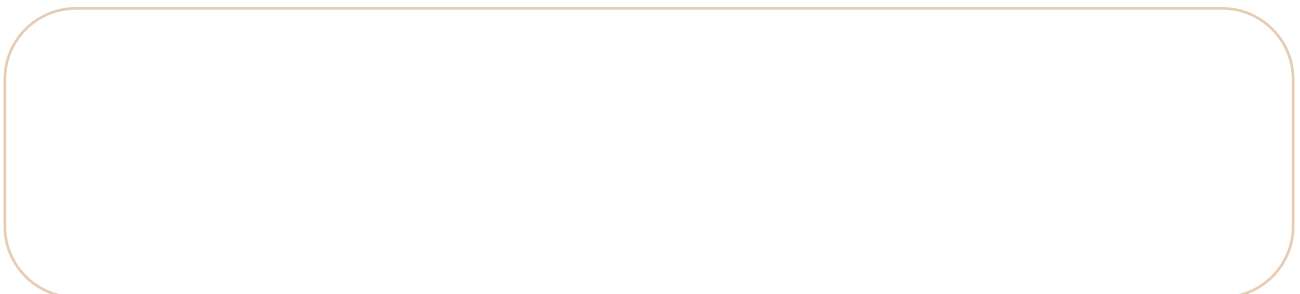
What's the ONE thing I need to STOP doing to create more freedom, peace, or success?



Where do I need to raise my standards—for myself and others?



Is there a tough conversation, boundary, or decision I've been avoiding?



Step 4: Reset Your Vision + Plan the Future

The next 6 months are a blank slate. What story do you want to tell?

Vision Reset:

What does my most fulfilled, limitless life look like by year-end?

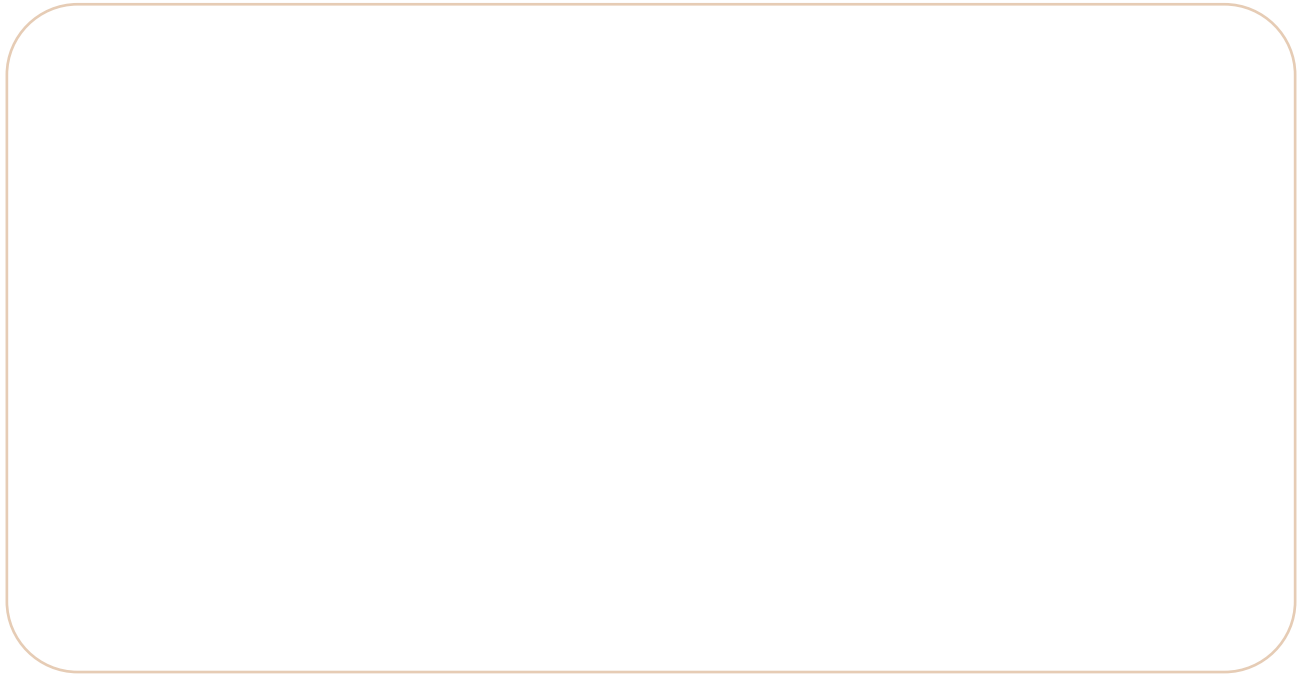
How do I want to feel every day?

What does success look like on my terms?

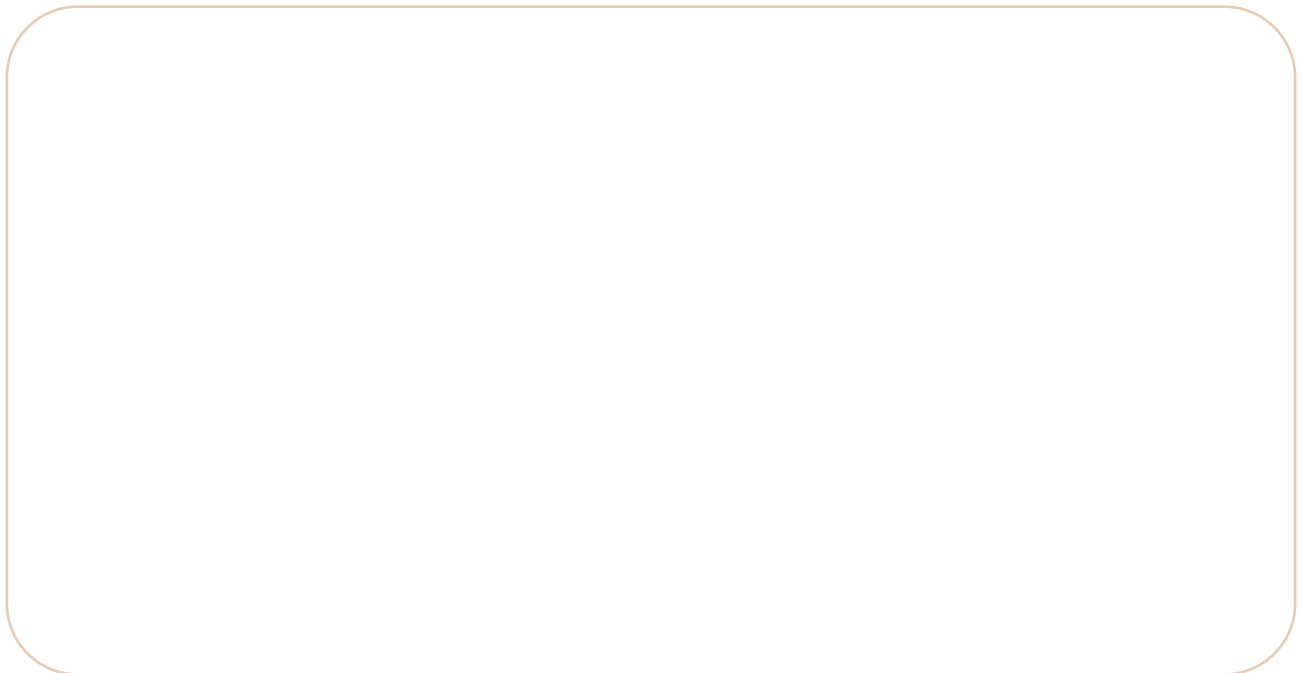
What relationships, habits, and experiences support that vision?

Goal Reset

What are my TOP 1-3 priorities for the next 6 months?



What smaller steps will move me forward?

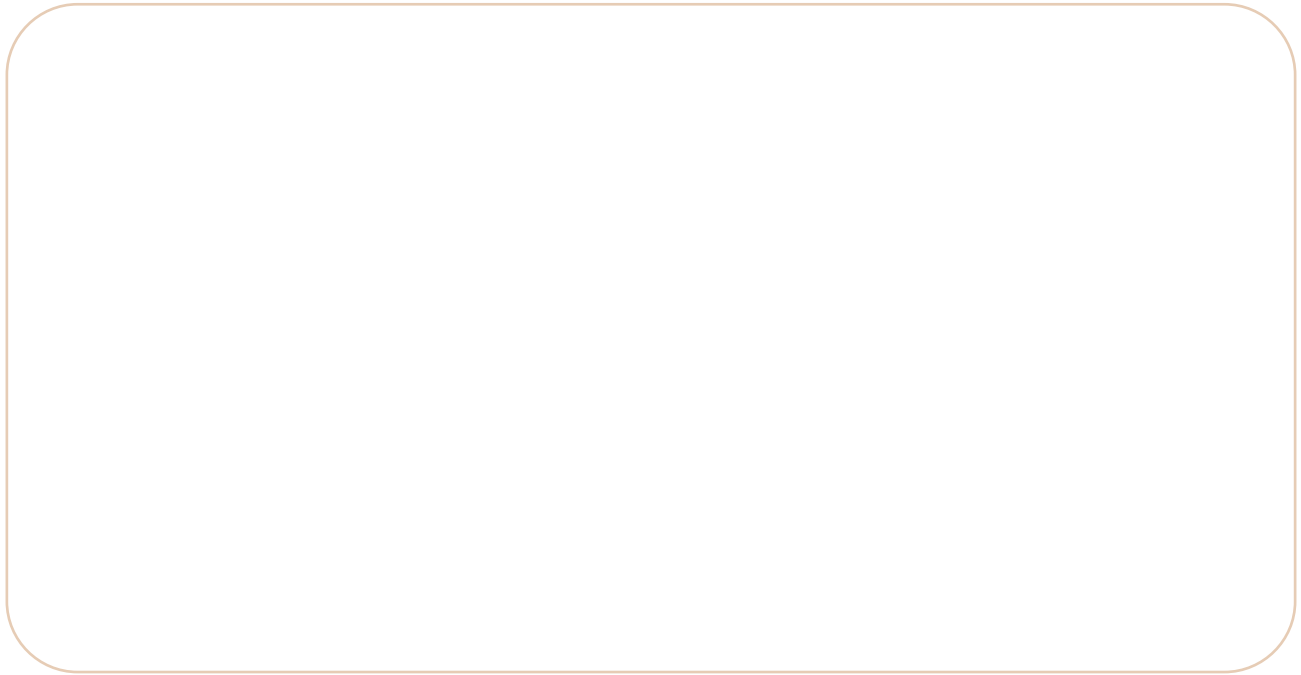


What's my month-by-month plan?

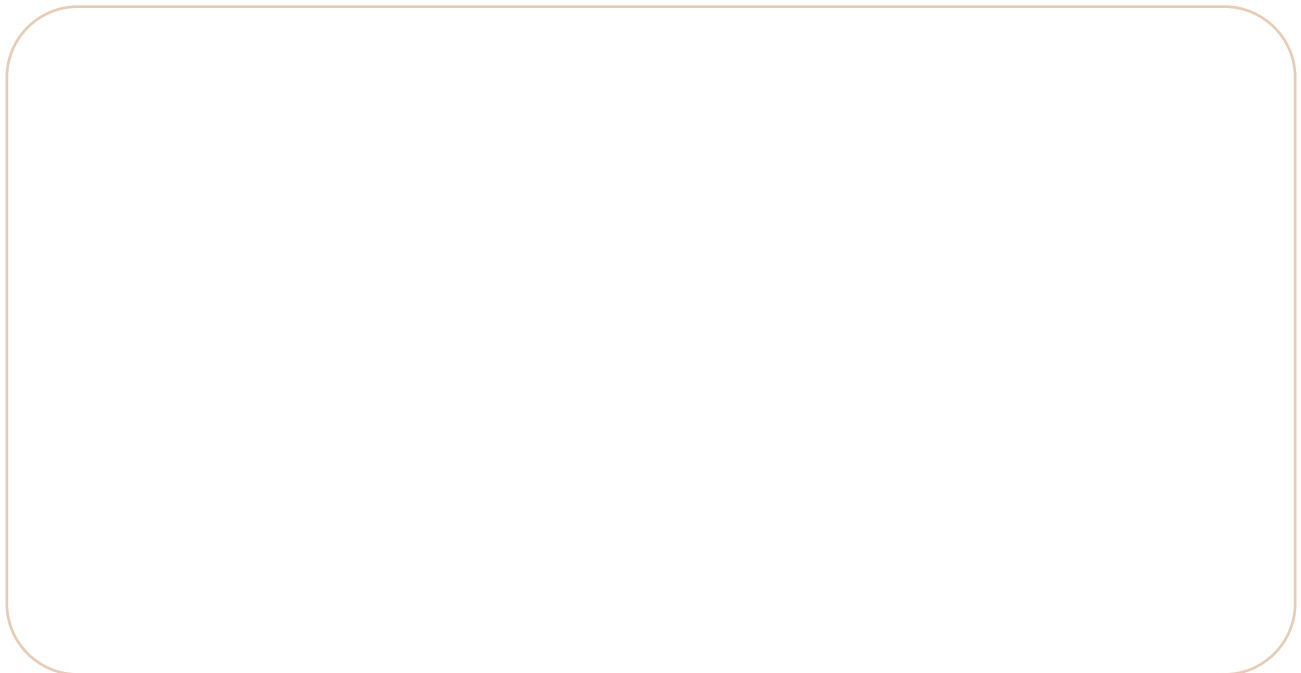
Month	Focus Area	Key Action Steps
July		
August		
September		
October		
November		
December		

Goal Reset

What weekly or daily habits will I install?

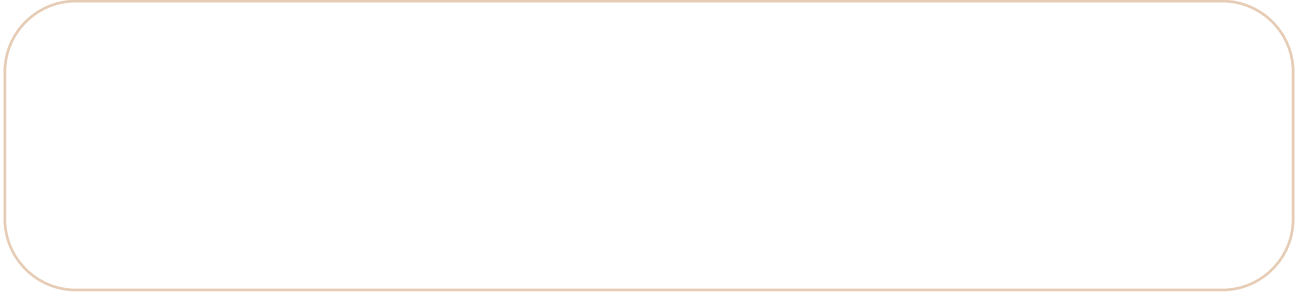


Where will I track my progress? (Journal, planner, app, etc.)

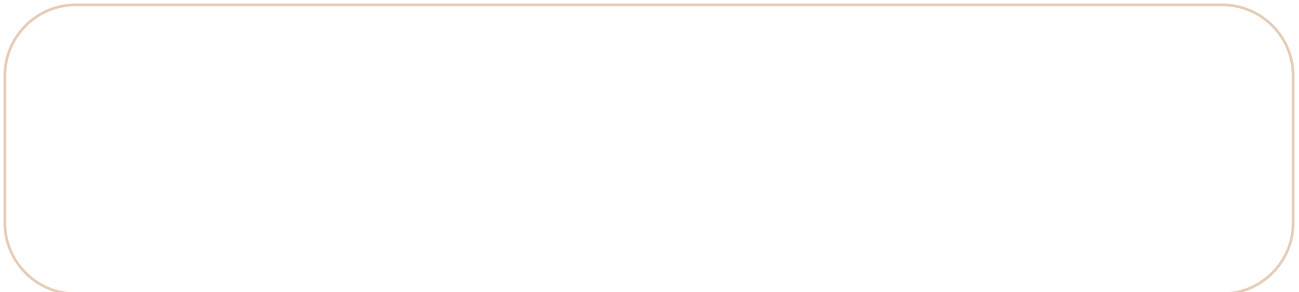


Recommit to You:

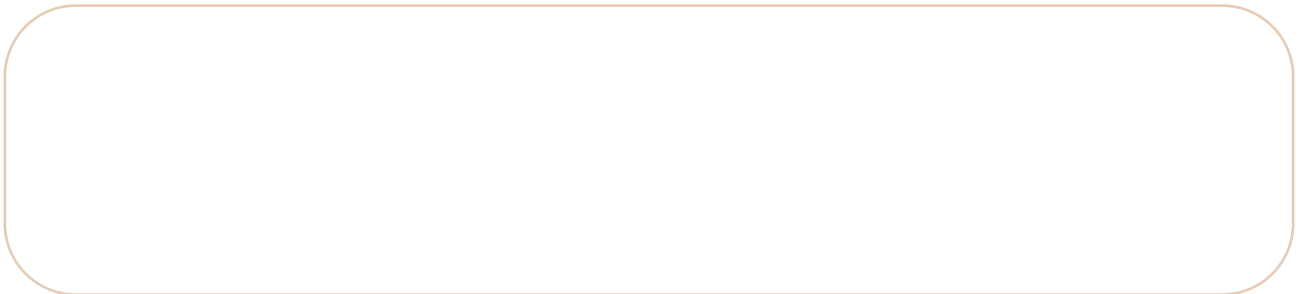
What distractions or commitments will I release to protect my energy?



How will I celebrate progress along the way?



Who will hold me accountable?



What support or resources do I need to succeed?

