



June Reflection Worksheet

Mid-Year Momentum: Realign, Reconnect, Rise

Use this worksheet to pause, reflect, and reset as we move into the second half of the year. *Answer honestly and revisit often.*

1. Self Check-In

- What's working well in your life and leadership right now?

- What feels out of alignment or off track?

- What is one area where you want to grow more intentionally this summer?

- What's a habit you want to leave behind in the first half of the year?

2. Leadership Realignment

- How are you showing up as a leader (personally or professionally)?

- Are you honoring your boundaries and values in the way you lead?

- What's one conversation you've been avoiding that needs to happen?

- What does empowered leadership look like for you right now?



3. Your Support System Bullseye

Visualize your support system as a bullseye:



- Inner Circle – Who pours into you regularly?

- Middle Ring – Who are your collaborators and professional allies?

- Outer Ring – Who's in your wider network cheering you on?

- No Circle – Let's be honest, who's on the outskirts and should stay there?

Are there any shifts you need to make in these circles? Who do you want to bring closer/move farther?



4. Summer Intentions

- What do you want to experience, feel, or create this summer?

- What will you need to say YES to?

- What will you need to say NO to in order to protect your peace and priorities?

- Choose one word to guide your summer:
