



My Mid-Year *Reflection*

A quiet space to look back, breathe deeply, and choose intentionally for the second half of 2026 🌸

"The second half of 2026 is not about perfection. It is about intention. What will yours be?" — Karlene Pitters



How to use this worksheet: Find a quiet moment — your morning coffee, a slow Sunday afternoon. Take three deep breaths before you begin. Answer each question honestly and without judgment. This is a safe space just for you. 🌸

1

QUESTION 1 · LOOKING BACK

What has 2026 taught me so far?

Think about the moments — big and small — that stayed with you. The lessons that arrived through joy and through challenge. What is the most important thing this year has shown you so far?



2

QUESTION 2 · CELEBRATING YOU

What am I most proud of?


Do not be modest here – this is your space to celebrate yourself fully. It does not have to be a grand achievement. Sometimes the bravest thing is simply that you kept going. What are you most proud of from the first half of this year?



3

QUESTION 3 · RELEASING

What am I ready to release?

What have you been carrying that is no longer serving you? A fear, a story you keep telling yourself, a relationship dynamic, a habit, a version of yourself that you have outgrown? Name it here – and give yourself permission to put it down. 



4

QUESTION 4 · CULTIVATING LOVE

What kind of love do I want to cultivate?

Think beyond romantic love – though include that too if it applies! What kind of love do you want more of in your everyday life? Love for yourself. Love in your friendships. Love in the way you approach your work and your dreams. What would that look like for you in the second half of this year?



5 QUESTION 5 · MOVING FORWARD
What intention will guide the rest of my year?

Choose one word or one sentence that will be your anchor for the second half of 2026. Something you can return to when life gets hard, busy or uncertain. What is the intention you are setting right now for July through December?

◆ MY INTENTION FOR THE SECOND HALF OF 2026

Write your one word or guiding sentence here and come back to it whenever you need a reminder of who you are choosing to be. 💕



◆ YOUR MID-YEAR AFFIRMATION — READ THIS OUT LOUD ◆

"The first half of this year made me stronger, wiser and more myself. I release what no longer serves me and I step into the second half with intention, grace and an open heart. I choose love — for myself first, and then for everyone I let into my life." 💕

— My Mid-Year Reflection · Books By Karlene · jamericandream.com



◆ CONTINUE YOUR JOURNEY



Ready to go deeper into your love journey in the second half of 2026? **The Complete Love Toolkit** – my Love on Purpose guided journal AND The Love That Feels Like Home 30-day workbook bundled together for just **\$17.99** · **Save \$3.00!** Available at stan.store/Ionie1 💕