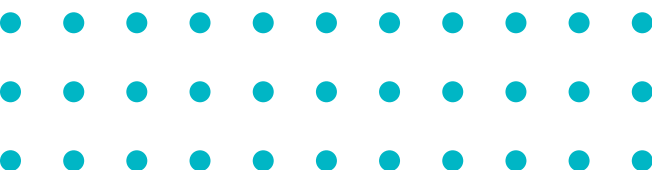


FROM STUCK TO SOARING

Virtual Workshop

Mid-Year Reset

BY SHANA WASHINGTON



Mid-Year Reset

SECTION I: REFLECT AND REASSESS

1. What accomplishments are you proud of so far this year?

2. What challenges have you faced?

3. What areas do you feel stuck in?

4. Spend a few minutes writing your reflections.

Brainstorm

SECTION II: SET INTENTIONAL GOALS

SMART GOALS FRAMEWORK:

- Specific: Clearly define what you want to achieve.
- Measurable: Determine how you will measure progress.
- Achievable: Ensure your goal is realistic.
- Relevant: Align your goal with your broader life objectives.
- Time-bound: Set a deadline for your goal.

Exercise: Write down one SMART goal for the next six months.

Mid-Year Reset

SECTION III: BOOST YOUR CONFIDENCE

AFFIRMATION EXERCISE:

Write down three positive affirmations about yourself.

DAILY PRACTICE:

Repeat your affirmations every morning to boost self-confidence.

Break it Down

SECTION IV: CREATE AN ACTION PLAN

STEPS:

Write down three specific action steps to achieve your SMART goal on page one. Identify potential obstacles and strategies to overcome them.

SMART GOAL:

ACTION STEPS

1.

2.

3.

OBSTACLES

STRATEGIES
