

Thrive Vibe Q2 Goal Reset Checklist

Section 1: Celebrate Your Wins

- ☐ List 3 things I'm proud of from Q1
- ☐ What goals did I achieve (big or small)?
- ☐ How will I reward myself?

Section 2: Gentle Reflection

- ☐ What goals no longer feel aligned?
- ☐ What did I learn from what didn't go as planned?
- ☐ Where did I show resilience or strength?

Section 3: Reset with Clarity

- ☐ What are my top 1–3 goals for Q2?
- ☐ Theme word for the quarter: _____
- ☐ One habit I want to build: _____
- ☐ One thing I'll stop doing: _____

Section 4: Reignite the Fire

- ☐ Visualize June 30th—what does it look and feel like?
- ☐ Who can support me on this journey?
- ☐ What's one thing I can do this week to begin?

“Progress, not perfection. Keep moving forward.”