



Creating Legacy Wellness

Navigating Well-Being Together



Mid-Year Reflection Ritual Guide

This mid-year reflection ritual is designed to help you pause, review, and realign your goals and energy. Whether you're leading a team, running a business, or simply leading your life with intention, this guide invites you to reflect with compassion and purpose.

1. Reflect – Celebrate Your Wins

What are your top 3 wins in the first half of the year? They can be big or small. The goal is to acknowledge progress with gratitude.

Win #1:

Win #2:

Win #3:

2. Assess – Notice What Didn't Work

What areas felt misaligned, overwhelming, or unproductive? Be curious, not critical.

Challenges I faced:

Habits or systems that need improvement:

3. Realign – Choose Again

What are you ready to release? What do you want to invite in for the next 6 months?

I release:

I recommit to:

4. Recommit – Set New Intentions

Pick 1–3 meaningful goals or values to guide your next season.

Intention #1:

Intention #2:

Intention #3:

♥ Integration Practice

Place one hand on your heart and the other on your belly. Inhale deeply. Exhale slowly.

Affirm: "I honor my growth. I adjust with grace. I lead from alignment."

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