

**the EA Institute**

# Master your Mid-Year Reset

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A step by step manual to manifest your success and create an extraordinary life



# What is a Mid-Year Reset?

A mid-year reset is an opportunity to stop, rethink and start fresh.

Over the course of a year, it's normal for our priorities to change and our vision for the future to shift. Now is the perfect time to reflect back on the goals you set at the start of the year and re-align them to where you are at right now.

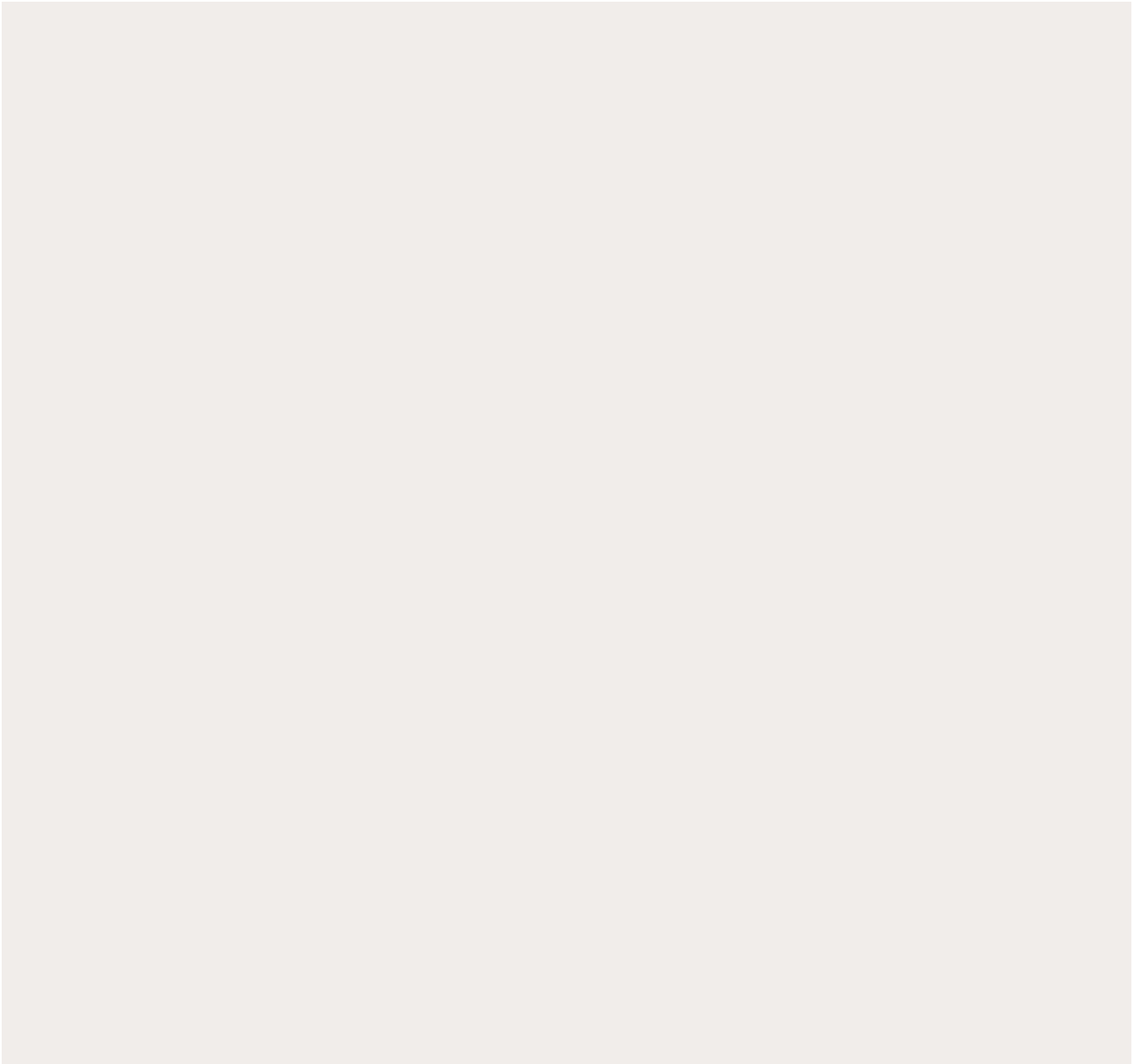
Here are 5 simple steps to get you started:

- **Check in with your mindset** - use the space below to "brain-dump" all of your thoughts onto the page, this will help you truthfully tap into how you are feeling and what you are thinking right now.
- **Reassess the goals you set at the start of the year** - use the templates to record the progress of your top 3 goals, note where you are struggling and why, celebrate successes you may have experienced. Set next steps to keep you on track.
- **Write a to do list for the rest of the year** - use this space to write down your actions for the rest of the year, these can be big or small. For example, a book you want to read or place you want to visit.
- **Set a budget** - this is a great time to set your finances up for the rest of the year, consider the festive season and your summer holidays when setting your goal. Put money away daily to start saving.
- **Focus on your wellbeing** - try our 30 Day Wellbeing Challenge. Tick off the activities you accomplish and have some fun!

# Check in with your Mindset



Use this space to declutter your mind, reflect on the year so far, pay attention to your feelings and jot down anything that comes to mind no matter how crazy it may seem.





# Mid-Year Goal Progress

**MY GOAL:**

**NEXT STEPS:**

**PROGRESS:**

**NOTES:**



# Mid-Year Goal Progress



**MY GOAL:**

**NEXT STEPS:**

**PROGRESS:**

**NOTES:**



# Mid-Year Goal Progress

**MY GOAL:**

**NEXT STEPS:**

**PROGRESS:**

**NOTES:**

*"Doing the best at this moment puts you in the best place for the next moment."*

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Oprah Winfrey

SECOND HALF 2022

*To Do List*

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# 6 Month Budget

**MY GOAL:**

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**STARTING BALANCE:**

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**REQUIRED NUMBER:**

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**PER DAY SAVING:**

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**PER MONTH SAVING:**

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**DUE DATE:**

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## REMEMBER!

Set savings milestones and visualize your progress.

## NOTES

# 30 Day Wellbeing Challenge

 Cook your favourite meal	 Start one healthy habit	 Go to bed on time	 Turn off your phone for 3 hours	 Write in a journal
 Do a 30 minute stretch	 Read 1 chapter of a book	 Compliment a friend	 Take a long walk	 Declutter your wardrobe
 Send a card to someone	 Take a long bath	 Delete apps you don't use	 Listen to a podcast	 Go for lunch with a friend
 Sit in nature	 Do 30 Sit Ups	 Clean out your email inbox	 Watch a movie	 Pamper yourself
 Buy yourself flowers	 Say no	 Create a vision board	 Sit in the sun	 Eat cupcakes
 Do a DIY project	 Order a takeout meal	 Have a "no complaint" day	 Take a nap	 Put on your favourite song

*“Believe you can and you’re halfway there.”*

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Theodore Roosevelt

