

♥ THE 5R MID-YEAR RESET

A practical 5-step guide to help you refocus, realign, and finish the year strong.

This is your space to pause, zoom out, and realign with what actually matters for the second half of the year. Use it to get clear on what worked, what didn't, and what's worth your focus moving forward so you can finish the year strong and achieve your business goals. Let's dive in and reset with clarity.

✨ Step 1: REFLECT

What was your actual business income in the first half of the year and where did most of that revenue come from?

What took up most of the time available to work on your business?

What gave you energy? What drained it?

What challenges did you face, and what did you learn from them?

Step 2: RECOGNIZE

What are three moments or achievements from half one of 2025 that you're most proud of?

What's one habit, activity, or decision that has had the most positive impact so far in 2025?

Step 3: REMOVE

What needs to go? What's not working anymore?

What drains you that you've been tolerating?

What would you stop doing today if you trusted something better was coming?

Step 4: RECALIBRATE

Looking ahead to your big business goals for 2025...imagine it's December 31st. What would make you proud?

What would you regret not doing?

Now, name your top 2 priorities for the rest of the year:

Step 5: REVERSE ENGINEER

Let's turn your priorities into momentum. What's the first step?

For each of the goals you've stated above, write down three action steps that you need to take this week to build momentum

What’s your primary focus or project for each month? (*One clear intention per month.*)

Month	Focus/Milestone
July	
August	
September	
October	
November	
December	

What resources, tools, or support will help you stay on track and accountable?

To stay on track, block time in your calendar every 12 weeks to revisit this guide and reflect on your progress.



I hope you found this helpful! Want more tools like this? Come join us in the [**Action to Income Lab**](#)
Enjoy!