



## We're Halfway There - Time to Increase Focus

Congratulations! We've reached our halfway mark! It's time to get laser focused and claim your prize this month!

Let's take some time to do some inventory of your progress and future.

### **1. What are my biggest ah ha's?**

### **2. What are my biggest wins/successes from the past month?**

### **3. Where am I feeling challenged?**

**4. What do you want to hone in on, tweak, transform, call in and say yes to in this month?**

**5. What needs to change? More joyful movement? More positive thinking? Home cooking? Visualizing? Journaling? Body affirming?**

**6. How am I feeling about myself and this journey?**

**7. How can I love myself more deeply and completely?**

**8. How can I nourish myself more deeply?**

**9. How's my relationship with food going?**

**10. How am I doing with feeling my feelings in a healthy way?**