

MID-YEAR RESET

The first-half of the year often looks very different to the second! We found that the 'new year feeling' motivates and inspires us to be the best we can be in our personal and professional lives, but by the half-way mark that fresh new feeling can be faded.

So we LOVE to do the 'new year routine' half-way through!
With just a few modifications...



THE SELF-WORTH MOVEMENT'S

3-Step Plan



REFLECT



REFRESH



RELAX



MAKE TIME FOR YOURSELF

Book an appointment with yourself

If you don't lock in the time for this reset it will most likely slip through the cracks, and before you know it, it's almost September and you've been sucked back into the hustle and bustle. Book an appointment with yourself and view it as an important meeting with a client that you can simply not reschedule.

Nothing (and we really mean NOTHING) is more important than your self-care!

FIRST STEP

Review and Reflect

Think of the goals you made at the beginning of the year.

- Are you still aligned with them?
- If not, why? What has changed and what can you change them to?
- What have you done to try achieve your goals in the past 6 months?
- What can you do in the next 6 months?
- Have you achieved one of your goals? How did it feel?

Other areas to reflect on:

- Your moods and what has influenced them
- What were the highlights and lowlights of the past 6 months?
- What were the things you loved doing and the things you didn't?
- Did you pick up any new habits?
- What things do you want to continue for the next 6 months?
- What things do you want to change for the next 6 months?

SECOND STEP
Refresh

Take a look at your space – it can be the office, the bedroom, the kitchen, the entire house...eek!

Is it as organised as you would like it to be? Well, now is the time to refresh that space and make it a place of functionality, serenity, productivity – whatever you need that space to be!

A TIP TO GET STARTED

Pick a space you want to refresh.
Choose a colour or a category and decide to put all the items in that colour or category away first.
e.g: Put all the 'dishes' back into the kitchen.
Repeat until all of the clutter is gone!



THE
Self-Worth
MOVEMENT™

THIRD STEP

Relax

This might be the most important one because NOTHING is gonna help you kick off the second-half of the year better than resetting your mind and body!

When you book that appointment for yourself, make sure you include the relaxation time at the end of it all. Run a bubble bath or turn on the electric blanket and climb into bed to watch that TV show you've been meaning to catch up on. Pour a beverage of your choice and...relax.

You Deserve It!



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