



SHANNAH KENNEDY

2019 MID YEAR CHECK UP AND LIST OF THOUGHTS

THE STORY OF YOU

Complete the following sentences authentically, honestly, as a checkpoint for yourself to use. Vision, clarity, confidence and success comes from taking a moment to get some answers out of our minds and onto paper.

- My values are
- My role models are
- My hobbies and passions are
- I am great at
- I am not so great at
- My achievements so far this year are
- I am worried about
- Is my worry essential in my life or can I let it go
- Who is in my network that can help me move up
- I hold myself back in the following ways
- My health and fitness is
- My finances are
- My relationships are
- My career is



SHANNAH KENNEDY

- My affirmations I need for the remainder of the year are
- What I see when I look in the mirror is
- I am most productive when
- I feel great when I
- I am learning and upskilling by
- I have programmed my phone withto support myself personally
- I get distracted by
- I feel most creative when
- On my bucket list is
- My sleep is
- I fill my fuel tank by
- The best place for me to be still is
- My favourite song is
- My favourite restaurant is
- Last movie I saw was
- My time management is
- My commitments for the remainder of the year are (list)
- What I need from my coach is



SHANNAH KENNEDY

- I will be thrilled, love who I am and feel a sense of achievement by Xmas 2019 if I commit to

Insert a collection motivation pictures and words here for yourself. Your mini vision board.

Print and put somewhere safe. This is a keepsake for you to reflect on.