



## Mid-Year Habit Reset Worksheet

What were my health goals at the start of the year?

What went well this past 6 months?

What didn't go so well?

What changes/tweaks could I make to improve or prevent this/these things from happening next time?

Where do I want to see myself in December?

What may stand in my way?

What can I put in place to prevent/reduce this from occurring?

What are 3-5 habits I can put in place right now to help me get to where I want to be in December?

## Ready for the Next Step?

Having a plan in place is a great starting point to helping you get to where you want to be by December.

The next step is to take consistent action towards what you're wanting to achieve.

**Doing this part alone can sometimes make hard to stay motivated and on track with making consistent progress.**

Having support and accountability on your journey can make a big difference with staying motivated and on track to getting to where you want to be by December.

This is why I created the **Empowered Healthy Habits Community**.



**This community is a monthly online membership that:**

1. provides support and accountability on your journey
2. takes you step-by-step from where you're at now to where you want to be
3. includes a community of liked-minded individuals
4. includes monthly live online trainings, monthly group coaching and fortnightly check-in's
5. gives you access to a qualified Nutritionist

For more information visit:

<https://www.louiseellennutrition.com.au/membership>