

# Mid-Year Business Checkin

WORKBOOK



VENTURESIMPLY.COM

# W E L C O M E

*Hi There!*

Welcome to the "Mid-Year Check-in" Workbook!

Congratulations on taking this important step towards assessing your progress, realigning your goals, and nurturing your entrepreneurial spirit. The midpoint of the year is a perfect time to pause, reflect, and ensure that we are heading in the direction that truly resonates with us. (Although you can do this process anytime!)

Within the pages of this workbook, you will find a collection of questions for reflection to support you on this journey. Each section is carefully crafted to help you explore various aspects of your business, enabling you to gain valuable insights, realign with intention, and prioritize what matters most to you.

As you engage in this process, I encourage you to approach it with a sense of curiosity, openness, and kindness toward yourself. This workbook is not about judgment or comparison; it's about embracing your unique path and finding ways to enhance your journey moving forward.

Remember, entrepreneurship is a dynamic process, and change is inevitable. This workbook will serve as your compass, helping you navigate the ever-shifting landscape while staying true to your vision. Embrace the fluidity of this journey, as it is through adaptability that we find sustainable growth.

So, dear entrepreneur, take a deep breath, grab a cuppa, and let this workbook guide you toward a fulfilling and purpose-driven second half of the year. May this journey of self-discovery bring you clarity, inspiration, and renewed enthusiasm for your entrepreneurial endeavors. Trust in yourself, and remember that you have everything you need to bring your vision to life.

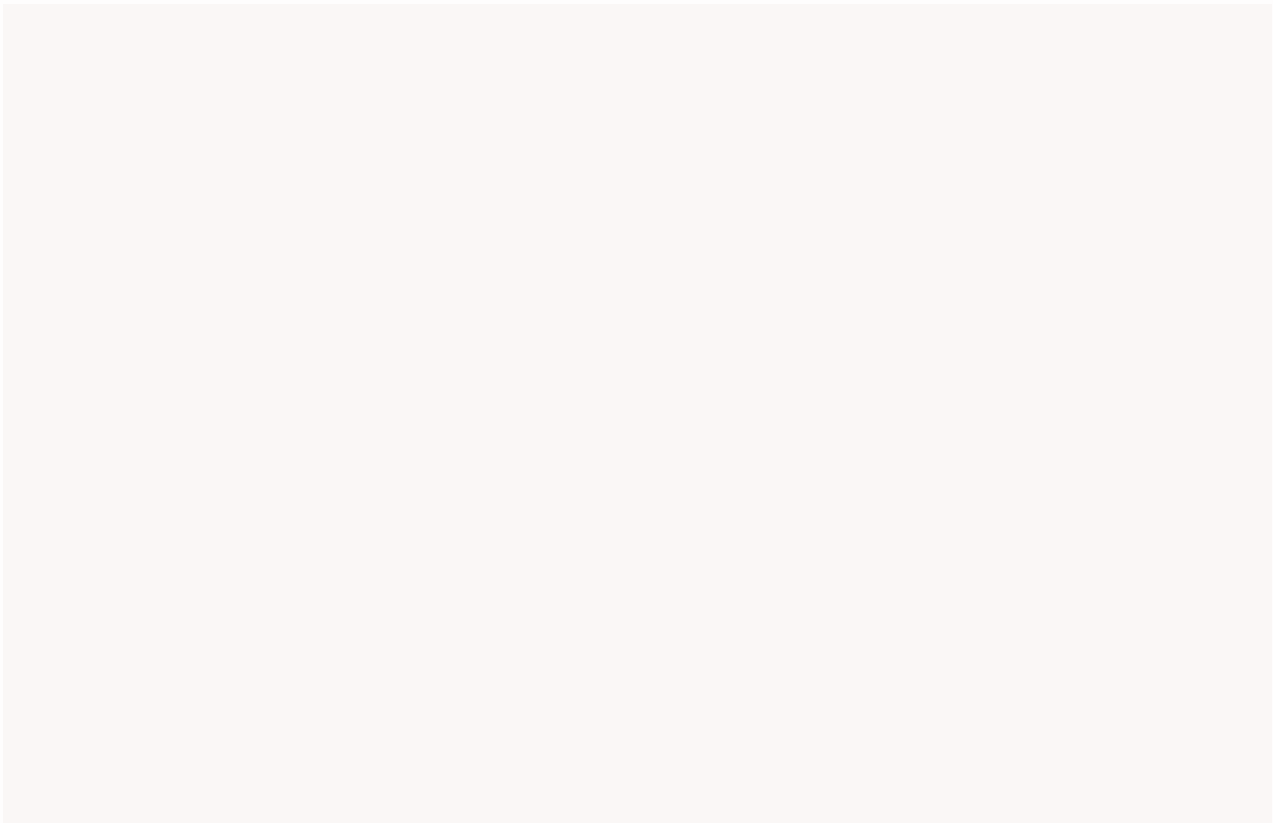
*Nicole*

# BEGIN WITH CELEBRATION

*Take a moment to savor your accomplishments and let the positive energy fuel your motivation for the next phase.*

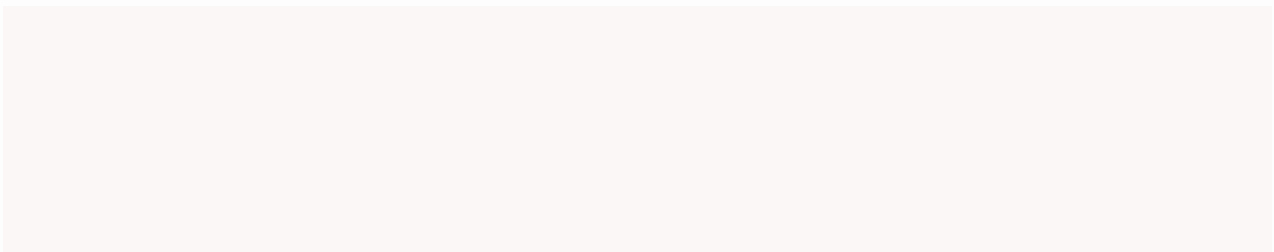
## **Over the past 6 months, what have you accomplished?**

List your accomplishments (big and small) What are you most proud of? Remember that even small steps propel you forward and are worthy of celebration!



## **How have you celebrated?**

Reflect on how you've celebrated your accomplishments thus far. If you haven't celebrated, don't worry - take the time to celebrate now!



# REFLECT ON YOUR VISION

*Reflect on your initial aspirations, your purpose, and the impact you want to have in the world.*

## **Does your vision still feel energizing?**

If not, what needs to be tweaked? If so, is there anything you want to add that sparks even more delight?

## **Do your current actions align with your vision?**

Notice any areas that need adjustment or fine tuning.

## **Connect with your desired feeling state**

Spend a moment to imagine your vision, realized. Immerse yourself in how it feels to have the business of your dreams. Write a few notes of how that feels (remember, feelings are POWERFUL fuel!)

# EVALUATE YOUR METRICS

*Review your key performance indicators (KPIs) and milestones you've achieved thus far.*

## **What are your KPIs?**

How are you measuring performance? Do your KPIs align with your vision, or do they need adjustment?

## **Which areas are on track?**

Celebrate what's working. For each area that feels on track, jot a note or two about why it's working.

## **What areas need extra attention?**

Where would you like to improve? How can you approach those areas with curiosity, rather than judgment?

# CHALLENGES & LEARNINGS

*Acknowledge the obstacles you've faced and lessons you've learned along the way.*

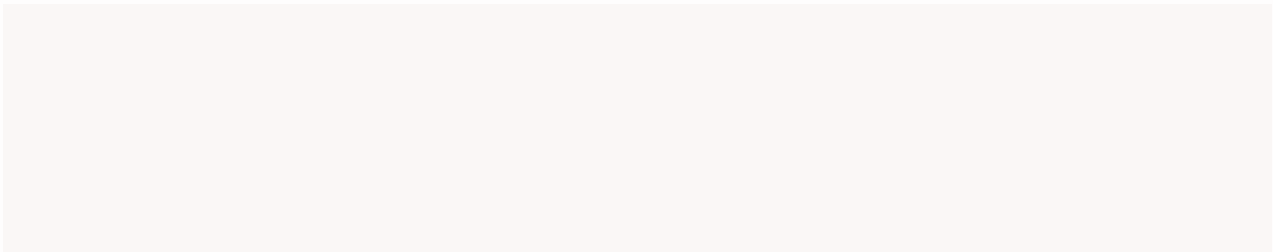
## **What challenges has the year brought you thus far?**

What strategies and support systems have helped you navigate them?  
What hasn't worked (and why)?



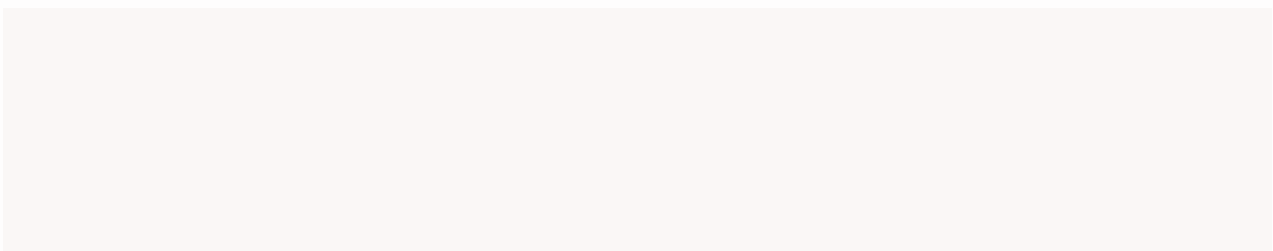
## **What challenges do you anticipate as you move forward?**

Keep in mind, challenges can be both external and internal. Notice any spots that feel sticky or scary. Again, approach yourself with curiosity, not judgment.



## **For the challenges you identified, how can you support yourself through them?**

Having a game plan can help you navigate those challenges with more ease and grace as they arise.



# REALIGN AND SET NEW GOALS

*Set ambitious yet achievable goals that excite and challenge you.  
Keep it simple; aim for goals that inspire, not overwhelm.*

## **What are your top 2-3 goals for the next 6 months?**

Are they SMART (specific, measurable, action-oriented, realistic, time-bound)? How will you measure success? How will it feel to accomplish these?

## **For each goal, what are the top 3-5 actions that will move you forward?**

What's the very next step you need to take? Put a star next to it.

## **Are these action steps aligned with your strengths?**

If not, how can you get some help?

# SELF-CARE AND RENEWAL

*Take time to replenish your energy. Engage in things that bring you joy. Refill your well.*

## **What gives you energy?**

Notice the activities that energize you. How often do you engage in these?

## **What drains you?**

Notice the activities that zap your energy. How often do you engage in these?

## **How can you bring more balance?**

What are some simple ways you can weave these energizing activities into your day-to-day? Of the things that drain you, what can you say NO to in order to say yes to more of what lights you up?





## CONGRATULATIONS

I hope you found that process helpful and illuminating.  
Wishing you all of the best as you move forward into the  
next 6 months, and beyond!

To your continued success,

*Nicole*