

You are at the halfway point. This is not about judging yourself — it's about honest calibration. What's working? What needs adjusting? Where do you need to double down? Complete this review at the end of Week 10.

Date: _____ Week: ___/12

Part 1 — Progress Check

Rate your overall progress so far (1 = barely started, 10 = transforming):

SCORE: ___/10

Which weeks/activities had the most impact on you?

Which weeks/activities did you skip or rush? Why?

Part 2 — What's Working

The 3 biggest changes I have made so far:

The habit or practice I am most proud of:

An unexpected win from the past 10 weeks:

Part 3 — What Needs Work

The area I keep avoiding or struggling with:

A belief or habit that is still holding me back:

One thing I will do differently in the final two weeks:

Part 4 — Looking Ahead

My #1 goal for the final two weeks of the programme:

What does success look like at Week 12?

One person I will share my progress with this week:
