



LIFE & BUSINESS

HALF-YEAR

---

CHECK-UP

---

*16 Questions*

**TO HELP YOU RE-ADJUST, RE-EVALUATE  
AND GET BACK ON TRACK**

*by Christina Greve*





# Welcome Empowered Creative

In the next six months, you could change your business and life in the most marvelous ways. But first you got to stop beating yourself up about where you thought you'd be by now, you are just wasting precious time and energy. Now is always the best to time to write a new chapter. NOW is the perfect time to build yourself up and stop pulling yourself down. You can do this. You can change your story. You are WORTH THE WORK and the only thing standing between you and your big accomplishments is your willingness to allow yourself to keep moving forward! It is time to re-adjust your plan and dust off your roadmap. Here's 16 questions to help you get back on track. Enjoy.

Love, Christina Greve

#1: What are you not happy with in your life right now? This could be personal, professional, spiritual. Be as honest as you can. Are you where you want to be right now? And are you on track to be where you want to be at the end of this year?

#2: What goals did you not reach this year? What regrets do you hold on to, that keeps you stuck? Do you use these “failures” to put yourself down?

#3: What self-blame or self-critique do you torture yourself with? And how is that working for you?

#4: What's your biggest struggle right now and how can you deal with it? What is your single biggest challenge in making this next year off the charts successful in your eyes? What are you committed to doing to overcome this challenge?



#5: What in your life do you truly appreciate? What and who are you sincerely thankful for?

#6: WHAT do you need to let go of so you can make space for the things that really matter?

#7: WHO do you need to let go of? Is there someone in your life that is blocking your happiness and growth? A person that is always negative, putting you down, pointing out your weakness and accusing you of not being good enough? Is it time to let go of that person?

#8: What "shoulds" are getting in the way of your "wants"? Will you be willing to step away from your normal routines, and all your "shoulds" so you can grow or will you keep repeating things you really don't want to do?

#9: What do you need more of in your life? What makes you feel full of joy? What makes you feel completely at peace? What makes you feel confident and happy with yourself? How can you get more of that in your life?

#10: What areas of your life do you need to simplify? And how would simplifying things impact your life, business, and wellbeing? Where in your life do you need less drama and less pressure?

#11: How can you bring more self-compassion into your life? How can you show yourself kindness and acceptance – without judgment and critique?

#12: What BIG DREAM do you need to go after in the next 6 months? What is the one single thing do you need to do in the second part of the year to feel more intentional around your work and/or life? What new projects do you want to bring into the world? What one important goal do you need to accomplish in order to be proud of yourself when you look back on this year?

#13: Does your service, product, website or blog still meet the needs of your audience and clients? And what is the next big step you need to take to grow your offerings and stay relevant to your customers?

#14: Does your current marketing strategy help grow your personal brand and your business? Or do you need to do something differently?

#15: Do you manage your money like a boss? If not how can you actively start to manage your money in a way that serves you and your future? And what steps can you take in the next 6 month to reduce your spendings and bring in more profit?

#16: What ONE word best describes your intention for the rest of the year?