■ MONDAY MINDSET

FINISH STRONG Q4

The L.A.W. Lounge | A mindset & reflection worksheet

RELAX. THINK. LEARN. CONNECT.

A new year isn't the only time for a fresh start. Every week—and every moment—is an opportunity to reset, refocus, and move with intention.

Remember: Finishing strong doesn't mean doing everything. It means choosing what matters and taking meaningful steps toward it.

TAKE A MOMENT TO CHECK IN WITH YOURSELF

Name: _____ Date: _____

Before you plan your finish, pause and give yourself credit for how far you've come.

1. What is one thing I'm proud of myself for this year?

2. What has this year taught me about myself?

3. What do I want to leave behind before the year ends? (A mindset, habit, expectation, or commitment.)

REFLECT. RESET. REFOCUS.

Let's make the rest of Q4 intentional. Be honest with yourself—and give yourself room to grow.

4. What matters most to me right now?

5. What area of my life needs more attention before the year ends?

6. MY Q4 CHECK-IN

Circle, check, or add a note to the areas you want to nurture.

Area	My Q4 intention
Mindset & personal growth	_____
Wellness & peace	_____
Relationships & connection	_____
Work, learning, or purpose	_____
Finances & future goals	_____

7. What is ONE goal I want to make meaningful progress on before December 31?

MY FINISH STRONG PLAN

Turn your reflection into a few realistic steps. Small, consistent actions count.

8. My one priority for the rest of Q4:

9. Three small steps I can take:

① _____

② _____

③ _____

10. What might get in my way—and how can I support myself through it?

11. Who or what can help keep me encouraged and accountable?

MY MINDSET MOVING FORWARD

Complete the statements below:

As I finish this year, I give myself permission to…

The mindset I'm choosing to carry into the final weeks of 2026 is…

MY Q4 AFFIRMATION

I don't have to finish the year perfectly. I can finish it with purpose, progress, and a mindset that supports the woman I'm becoming.

One step at a time. One choice at a time. I can finish strong.

A NOTE TO MY FUTURE SELF

What do I want to remember when I look back on how I finished 2026?

■ Your journey is yours. Honor your progress, protect your peace, and keep moving toward what matters.