

YOUR
SEASON OF
CLARITY

A MID-YEAR FINANCIAL RESET
JOURNAL

Flourish
FINANCIAL LIFE PLANNING

Welcome!

As we move through the year, this is your invitation to pause, reflect, and realign. This journal is designed to help you reconnect with your financial goals, celebrate your progress, and gently course-correct where needed. Whether you're preparing for retirement, building your legacy, or simply seeking clarity, take this moment for yourself—with grace, intention, and self-compassion.

Laura K. Cook



ABOUT ME

I help women of faith align their money with their values to create lives of peace, passion, and purpose. Together, we redefine wealth—embracing each woman's true, God-given worth, regardless of earthly circumstances. Through thoughtful planning and compassionate guidance, I walk alongside women as they step into financial clarity, spiritual confidence, and wholehearted living.

JOURNALING PROMPTS

What's working well in my financial life right now? Think about habits, decisions, or systems that feel aligned. *Example: "I've been consistent with my savings."*

What feels out of alignment or unclear? Notice areas that feel foggy, stressful, or disconnected from your values. *Example: "I'm unsure if my retirement plan fits my current lifestyle."*

What financial goal or intention do I want to focus on for the rest of the year? Choose one that feels meaningful and doable. *Example: "Update my estate plan and talk to my adult children."*

JOURNALING PROMPTS

What support or resources would help me move forward? Consider people, tools, or education that could guide you. *Example: "Speak with Laura about a specific area and how to move forward."*

What's one small action I can take this week to honor my financial well-being? Keep it simple and heart-centered. *Example: "Schedule a 30-minute financial check-in with myself."*

Use this space to journal about anything else that came to mind.

WHAT'S NEXT?

Reflection leads to clarity—and clarity leads to action. If this journaling exercise sparked questions, ideas, or a desire for deeper guidance, I'm here to help.

At Flourish Financial Life Planning, I specialize in helping women navigate transitions, plan with purpose, and feel confident about their financial future.



Contact me to schedule a conversation. Together, we'll create a plan that reflects your values and supports your vision for the life ahead.

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