

HOUSE OF UNDINE

The Mid-Year Reset *2026*

Six months in. Begin again.

Welcome back to the House

Hello, hello. I am so glad you are here.

We are halfway through the year and almost no one stops to notice. We save our fresh starts for January and forget we can begin again on any day we choose. This is that day.

This is the shorter companion to my full Goals and Intentions guide. It is built for the middle of the year. It is not about starting over or scrapping what you set in January. It is about coming back to center and honoring how far you have come. You know more now than you did then.

I am in this with you. I use these tools myself and I come back to this reset whenever I drift. So pour something you love and let's do the rest of the year on purpose.

Rising tides raise all ships. Let's dive back in.

Xx,

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Why a Reset Works

This is not just a pretty idea. There is real brain science under a reset and it makes the whole thing so much easier to trust.

THE FRESH START

We get more motivated to chase our goals right after a landmark moment. A new week. A new month. The middle of a year. Your mind treats the date as a clean page and files old setbacks under the last chapter. The mid-year mark is one of those doorways. Most people just walk past it.

ROUTINES REWIRE YOU

Every time you repeat a small action your brain wires it a little more firmly until the routine runs almost on its own. So the calm grounded version of you is not someone you were born as. She is built one small rep at a time.

FORGET 21 DAYS

You have heard it takes 21 days to build a habit. It does not. That is a myth. In the real research it took about 66 days on average and missing a single day did not break it. So give yourself the whole summer and give yourself grace.

The First Half

Before you look ahead look back. Honestly and without judgment. Name what worked and what did not.
Then get curious about why. You cannot recalibrate what you have not named.

What went well in the first half of the year? And why do you think it worked?

What did not go the way you hoped? Be honest about why.

What Got in Your Way

Now name what got in your way. Not to sit in it. To see it clearly so it stops running the show. One slip was never the whole story.

A GENTLE TRUTH

One missed day does not undo your progress. The real trap is deciding you have already blown it and giving up. Being kind to yourself gets you back faster than being hard on yourself. The strong move is to refine and keep going. Not to start over from zero.

What actually got in your way this year?

If it shows up again what is your plan?

Carry & Release

A reset is a doorway. You choose what walks through it with you and what stays behind.

What do you want to carry into the second half? The feelings habits and people worth keeping.

What are you ready to leave behind?

Recalibrate

Six months of real life has happened since January. Revisit each area and name where you want it by December. Keep it honest and human.

Career

Relationships

Finance

Health

Growth & Living

Fun & Hobbies

My theme for the rest of the year in a word or two:

Who am I becoming? Finish this. "I am the kind of person who..."

Visualize It

This is the part that makes it real. Before you go, see it. Picture the life you are building in real detail and meet yourself there often.

WHY IT WORKS

Mentally rehearsing something lights up many of the same brain regions as actually doing it. One catch. Do not just daydream the finish line. Picture yourself living it. Doing the work and feeling how it feels to already have it.

You do not need a big canvas vision board for this. Make a small one in Canva and set it as your phone background. Then you meet it every time you pick up your phone.

A ritual to close your reset

1. **Set the space.** Tidy up. Dim the lights. Light a candle.
2. **Settle in.** Take a few slow breaths until your body softens.
3. **Write your intention.** One line. Present tense. As if it is already true.
4. **Visualize it.** Close your eyes and see it in real detail. Feel the joy and the gratitude as if it is already here.
5. **Give thanks.** Name what you are grateful for and what is on its way.
6. **Close.** Read your intention out loud. Let the candle burn a while.

What I see for myself in the rest of the year:

Come set your intention with me. We can do this ritual together anytime you want. Sound helps you drop into the calm meditative state that makes visualizing so much easier.

Come Back to Center

The rest of the year will not go perfectly. It is supposed to be a little windy. The real skill is not never drifting. It is knowing how to come back. These are the tools I reach for. You do not need all of them. Pick a couple that are yours.

Rest, fully

Real rest across mind body and spirit is the foundation. While you sleep your brain files away everything you learned that day. Protect it.

Sound baths

My favorite way to drop into deep rest and set an intention. Come to a virtual one with me every Monday at 8pm EST.

Affirmations and your morning routine

Keep affirmations true and present tense. Start your day on your terms. Even fifteen minutes of quiet can change the whole day.

Move your body

Even a short walk lifts your mood. Regular movement grows the parts of your brain for focus and memory and gives you energy.

Breathwork

On a hard day a few long slow exhales calm your nervous system fast.

Yin

Long slow holds settle the body and quiet a racing mind.

Habit stacking

Layer your wellness so it never feels like more to do. Put your legs up the wall while you meditate. Add red light or a facial massage.

Keep your people

Call a friend. Sit with family. Connection is a huge part of a good life. Do not lose it while you chase a goal.

Make it fun

Cook the meal. Romanticize it. The good feeling is what makes any of this stick.

Small honest steps

Start tiny. Stay consistent. Small steps compound into big change.

I believe in you.

If ever you feel like nothing is working or no one is on your side, remember that I am. You do not need a new year to become who you are becoming. Half a year is plenty of runway. You have the tools and you are allowed to enjoy the ride.

You might drift again. That is okay. Just come back. Coming back is the whole practice.

Come re-center with me this week and let's make the rest of 2026 the best part of the year.

Dream big and see you soon.

Xx, HOU

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