

Mid-Year Check In and Review

- **Review your goals from January to now...**
 - What have you achieved from the goals list?
 - What have you achieved that was not on the list?
 - How have your goals changed? What no longer feels relevant?
 - What challenges have you had to deal with?
 - Is there anything that you are struggling with?
 - Be honest: how much time did you waste on social media?
 - Describe Jan-Jun in 3 words.

- ★ **ACKNOWLEDGE WHAT YOU'VE ALREADY ACHIEVED - BIG AND SMALL**

- **Take some time to answer these prompts:**
 - What have I accomplished so far this year that I am proud of?
 - Do I feel aligned with what I want from this year?
 - What hasn't been working out? Why? Is it still important for me to try and achieve these goals?
 - What small moments have you enjoyed so far this year?
 - Who or what are you grateful for right now? Think deeply.

- ❖ **CONNECT WITH WHERE YOU ARE MENTALLY/EMOTIONALLY**

- **Let's be constructive...**
 - What are you looking forward to in the next 6 months?
 - What would you do in the next 6 months if you knew that you couldn't fail?
 - Are your current actions aligned with your values and intentions?
 - What do you need to shift/tweak to have the second half of the year go the way you want?
 - What do you want 2024 to look like overall?
 - How are you defining success for 2024? Does that adjust your expectations for the next 6 months?
 - Top 3 priorities going forward. What goals/intentions do you want to focus on?

- ★ **BE CLEAR WITH WHAT YOU WANT - SIMPLE OR ELABORATE**

- **Divide your life into the most important areas, for example:**
 - self-relationship, loved ones, finances, health + fitness, mental health, spirituality, career, hobbies, overall happiness + contentment
 - evaluate if all of the important aspects of your life are where you want them to be and adjust your goals accordingly

- ★ **REMEMBER THAT LIFE COMES FROM YOU, NOT AT YOU**