



MID YEAR REVIEW AND REFLECTION

DEFINE DESIGN ALIGN



PERSONAL REFLECTION, CELEBRATION & RELEASE

1. How have you primarily felt during the first half of the year?

2. Write down ALL the things you accomplished, changed, navigated or completed in your personal life so far this year. Let whatever comes flow onto the page



3. Review what you accomplished and write down your top five

4. How do you feel when you review what you have done?

5. What has been working well in your personal life that you want to continue to cultivate for the rest of the year?



6. What hasn't been working well in your personal life and what will you choose to do differently?

7. What are you DONE with?



8. What are you most grateful for so far this year?

9. If you could wave a magic wand, what three things would you change, shift or let go of that would make the biggest impact in your personal life?

10. How are you going to celebrate all that you have learned and accomplished so far this year?



WORK REFLECTION, CELEBRATION & RELEASE

1. How have you primarily felt in your work through the first half of the year?

2. Write down ALL the things you accomplished, changed, navigated or completed in your work so far, this year. Let whatever comes flow onto the page.



3. Review what you have accomplished and write down your top five

4. How do you feel when you review what you have done?

5. What has been working in your work that you will bring forward into the rest of the year?



6. What hasn't been working in your work and what will you choose to do differently to shift or improve them?

7. What are the biggest stories have you danced with so far that you are ready to release before moving into the second half of the year?

8. If you could wave a magic wand, what three things would you change, shift or let go of, that would make the biggest impact in your work?



BUSINESS

If you own a business, please continue with the following questions.

1. How do you feel about your finances so far, this year? Are you on top of managing your money? Are you reaching your financial goals?

2. What do you know you need to do, change or shift in your financial world?



3. What marketing has been working for you so far, this year that you will continue or expand on for the rest of the year?

4. What new marketing initiatives do you need to put into place to reach your sales goals for the year?



5. Are there any other key areas in your work within your operations, systems or team that need attention during the second half of the year? If so, what needs to happen to ensure success?



Use this space to write down anything else that you want to capture, celebrate or release as you move into the second half of the year.

A large, empty, light beige rectangular area intended for writing reflections.