

Mid Year Review

Celebrate your wins and recalibrate your goals

Step 1: Reflection

My wins from the last 6 months

No win is a small one

My gratitude

Happy moments and opportunities

Step 2: Review

Challenges faced

Reflect on how the last six months went for you in these areas and how you want the next six months to be.

Physical Health

Last 6 months

Next 6 months

Mental Health

Last 6 months

Next 6 months

Career

Last 6 months

Next 6 months

Relationships

Last 6 months

Next 6 months

Personal

Last 6 months

Next 6 months

Finances

Last 6 months

Next 6 months

Learning

Last 6 months

Next 6 months

Spiritual

Last 6 months

Next 6 months

Step 3: Rate

Reflect and on a scale 1 to 10, rate how do you feel in these areas. At the end of the year you can use this to see what has changed.

Physical Health

Mental Health

Career

Relationships

Personal

Finances

Learning

Spiritual

Step 4: New goals and intensions

Reflect on how the last six months went for you in these areas and how you want the next six months to be.

July

August

September

October

November

December

Use this extra calendar space to extend you goal deadline. There is no such rule that by december you need to accomplish all your goals.