

# MID-YEAR CHECK-IN

Review your goals with these journal prompts

**Dig out your list of goals and note down your answers to the following questions:**

What have you achieved over the last 6 months?

Looking at the goals you have achieved, or that are progressing well, what has helped you to commit to these goals? What strengths do you think you have used?

What have you most enjoyed about the last 6 months?

What is one thing you could do to reward yourself for the successes you have had so far?

Who or what are you grateful for? Who has helped you over the last 6 months?

Considering all the things that have worked well, what do you need to continue doing?

What goals are you having difficulty progressing with? What is making these goals challenging for you?

What might you need to do differently or stop doing in order to make some progress?

What beliefs do you hold that may be hindering you? What would be a more helpful (and accurate) belief that would enable you to move forward?



## Reflect on the learning you have gained

How are you feeling about your experience over the last 6 months?

What have you learned as you have been working towards your goals? What has helped you to succeed and what do you need to do differently?

How will these reflections change the way you approach your goals in the future?

## What do you want to achieve by the end of the year?

Imagine it is December and you are talking to a friend about everything you have managed to achieve this year. What would you be telling your friend?

Now look through your list of goals:

- Which goals would you like to keep, revise or remove?

## Prioritise your goals

What are your top priority goals?

What goal would make the biggest difference to your life if you worked on it now?

What can you cut back on or stop doing to enable you to focus on your most important goal/s?



## Action plan

What actions do you need to take over the next 6 months (in relation to each of your goals)? When are you going to do them? What resources do you need? Who could help you?

Is there anything that you need to do consistently to help you to achieve your goals? What small habits could you build into your day/week/month that would support your goals?

## Take a step back

How excited do you feel as you look over these goals? How are you feeling about doing the work that is required to achieve them? Are there any changes that you would like to make based on your answers?

Why are these goals meaningful to you?

How will you feel once you have achieved each of your goals?

How will you and the people in your life benefit from the achievement of these goals?

## Stay on track

What actions are you going to take to keep yourself accountable over the next 6 months?

How will you continue to keep track of your progress?

