

Mid-Year Review

The year is halfway over. Are you where you thought you would be by now? This is the perfect time to make a date with yourself to look at your progress thus far. Make the most of the next six months with this mid-year review guide.

CHECK IN

Look back on all that has happened the last six months. Everything, from your successes to your failures, can teach you something.

Reflect on noteworthy moments and great memories from the last six months. What stands out?

Out of your accomplishments thus far, which one are you most proud of? Why?

Where did you fail? How can you learn from your missteps?

What unexpected changes or challenges have you encountered? How did you address them?

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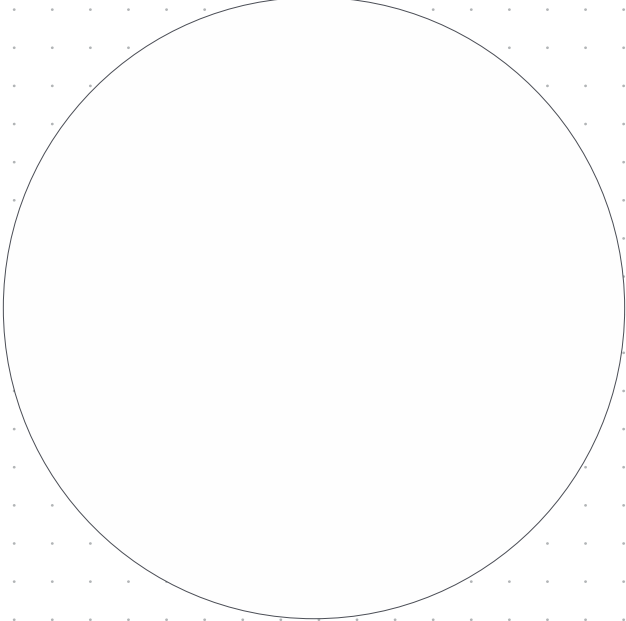
GET ALIGNED

In order to make the most of the remaining months, it helps to take a look back at what you've done so far. Have you made progress on your goals? Where do you need to make adjustments? Align your plan with your vision so that you can move forward.

Revisit the big picture. What was your vision for this year?

Consider the last six months. Did your actions and accomplishments align with your vision? Reflect on what happened.

Think about the last six months and draw a pie chart. How did your time break down? Are there areas or parts of your life that aren't aligning with your vision?



Are you satisfied with your progress on your yearly goals so far? Are you a little behind, or have you gotten further ahead? How might you need to restructure or reset your goals?

FINISH STRONG

What are some habits you want to develop or could benefit from for the rest of the year? Brainstorm a list of 30-day challenges you want to tackle.

Michelle Obama