

2016 Mid-Year Review

Looking Back: January - June

What felt really important to me at the beginning of the year? A goal, intention, etc.

How does that thing feel now?

Looking back on my initial goals for 2016, what is it time to recommit to? And what might it be time to let go of?

Who do I really appreciate so far this year? How am I going to express that to them?

What has been my biggest challenge so far this year?

How have I grown?

What's one habit/behavior that is serving me well, and what's one that isn't?

Looking Ahead: July - December

Which two things feel most important to me for the next six months?

What will I do/change in my daily life to reflect the above priorities?

What's one thing I am committed to learning more about?

What's one project I would love to complete by the end of the year, and what needs to happen in order to make that possible?

What's one thing I will begin doing (or intentionally continue doing) in order to care for myself?

What's one way I will bring more pleasure and fun into my life over the next six months?