
MID-YEAR REVIEW WORKBOOK

Mid-Year Review: Reflect and Reassess

The mid-year is a perfect time to check in with your goals that you may have set at the beginning of the year and see how you're doing. Even if you're not the type of person who sets goals necessarily at the beginning of the year, it's still a great time to take stock of where you are in life and how you want to move ahead.

So, if you're in the mood to do some soul-searching and deep-digging, why not make a small, grounding ritual of it? Pour yourself a cup of your favourite beverage, get comfortable on a chair/bed, grab this workbook and a pen, light a candle and/or incense, and settle in for some reflection and assessment.

Before we move on to the questions, take a few minutes to identify the key areas of your life. There is no right number for the number of areas, but I would suggest limiting yourself to ten at most. Feel free to choose from the suggested list below or add as per your own priorities.

Self	Love/Partnership	Family	Social Life	Home
Work/Business	Finances	Health & Fitness	Emotional Health	Spiritual Health
Hobbies	Life Vision	Creativity	[]	[]
[]	[]	[]	[]	[]

Now that you've identified your key life areas, moving on to the questions that can help you with your mid-year review. These will help you in your process of looking inwards, assessing the last six months of the year gone by, and (re)setting and (re)evaluating your plans and goals for the next six months.

Q. Are you happy with your life at the moment?

Rate yourself on a scale of 1-10 on the happiness/satisfaction scale in the key areas of your life that you've identified in the previous page. The idea is to take stock of where you are today, because without having a baseline to refer to, it would be difficult to evaluate your progress.

Key Area #1		Rating	
Notes			

Key Area #2		Rating	
Notes			

Key Area #3		Rating	
Notes			

Key Area #4		Rating	
Notes			

Key Area #5		Rating	
Notes			

Key Area #6		Rating	
Notes			

Key Area #7		Rating	
Notes			

Key Area #8		Rating	
Notes			

Key Area #9		Rating	
Notes			

Key Area #10		Rating	
Notes			

Key Area #11		Rating	
Notes			

Key Area #12		Rating	
Notes			

Key Area #13		Rating	
Notes			

Key Area #14		Rating	
Notes			

Q. Is there anything you wish you could have differently over the last six months?

Don't beat yourself up over things that may not have gone as per your expectations, or any slip-ups you feel you've had. The idea is to pin-point things and areas of improvement. After all, we are all a work in progress.

Q. What is your vision for yourself and your life at the end of the year?

Without knowing what you're working for, it would be a difficult task to understand what actions you need to take to up-level your life. Again, use the list of key life areas if that makes it easier for you, but you could just as well free-write and put down your exact vision for what you see at the end of the year. Think about: *What are you doing? Who are you surrounded by? What are you wearing? What does your house look like? What are you earning? What is making you feel accomplished? What is bringing you joy?*

FREE WRITING:

OR

Key Area #1	
Vision for Dec 31, 2021	

Key Area #2	
Vision for Dec 31, 2021	

Key Area #3	
Vision for Dec 31, 2021	

Key Area #4	
Vision for Dec 31, 2021	

Key Area #5	
Vision for Dec 31, 2021	

Key Area #6	
Vision for Dec 31, 2021	

Key Area #7	
Vision for Dec 31, 2021	

Key Area #8	
Vision for Dec 31, 2021	

Key Area #9	
Vision for Dec 31, 2021	

Key Area #10	
Vision for Dec 31, 2021	

Key Area #11	
Vision for Dec 31, 2021	
Key Area #12	
Vision for Dec 31, 2021	
Key Area #13	
Vision for Dec 31, 2021	
Key Area #14	
Vision for Dec 31, 2021	

Q. What can you do to go from where you are TODAY to where you want to be at the end of the year?

In keeping with your vision for your life at the end of the year, what are the action steps you need to take to make your vision a reality? What are your top 3 priorities for the rest of the year which will bring you closer to your vision?

Key Area	This is what I need to do to achieve my vision for 2021...

THANK YOU

Thank you for signing up and downloading this workbook !

GOOD LUCK!

Wishing you all the very best in your self-discovery and life-upleveling journey!

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