

Why create a mid year review

- to determine if you're progressing towards your goal
- Are you still at phase with your plans and goal? (i.e. will you reach your goal on time?)
- Are your goals still relevant?
- Familiarize yourself with the challenges you faced and lessons you learned
- Identify more effective or efficient methods of achieving your goal

Before starting:

- ✓ Schedule an hour at least of your time
- ✓ Get a pen and a notebook (or your bullet journal, planner)
- ✓ Materials that you can use to look over (in my case a bullet journal)
- ✓ A time and space where you can think about your life more objectively

PART1: REFLECT / REVIEW

Take a quick trip down memory lane, go through each area of your life and reflect on them. Remember that in order for you to know where you are going, you need to understand where you are at present. This will give you a sense of direction of where you wanna go. It will help you on the next phase of this review to evaluate your progress.

*“Reflection enables us to evaluate experience, learn from mistakes, repeat successes, revise and plan”
– Sherry Swain*

- Personal (spiritual, relationship, health)
- Financial (business)
- Career
- Family

1. What didn't go well

2. How did you spend the last 6 mos. of your life

3.How did you feel during the last 6 months

PART 2: REVISIT

This is the part where you can measure if your goals are still relevant. Are you still at phase with your plans and goals? How far are you in terms of your progress and lessons learned along the way.

Life can only be understood backwards; but it must be lived forwards." -- Søren Kierkegaard

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1.Review your goals for the 1st qtr

2.Review your goals for the 2nd qtr

3. List down all your wins/accomplishments

4. Challenges faced

5. Lessons learned

6. Are my goals still relevant?

PART 3: REFRESH

Finally, end this review with a brand new goal for the next 6 months. You'll be disappointed and feel sad about the last 6 months or you might feel you lost track but that's totally fine. Never get stuck on those emotions. Take one step at a time and celebrate even the smallest wins. Also, it will help to set your next 6 months by putting 1 -3 descriptions of how your next half year would look like.

"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over." — F. Scott Fitzgerald

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1. A word to describe your 6 month

2. Things you plan to START doing

3. Things you want to STOP doing

4.Things you will STICK on doing

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5.Set new goals you want to accomplish or goals you will still continue to achieve.

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6.Your steps/plans on how to do it. Things that you will do differently.

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