

# **TWO YEARS EVE: REFLECTION TIME**

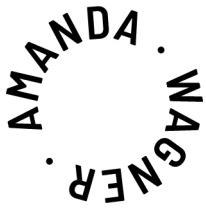
**INSTEAD OF WAITING UNTIL NEW YEAR'S EVE TO RETHINK YOUR GOALS, REFLECT ON YOUR PROGRESS, AND REFOCUS, MAKE TIME ON JUNE 30TH FOR A MID-YEAR REFLECTION: TWO YEARS EVE.**

**1. What is going right for you? List your wins!**

**2. What do you want to be able to say at the end of the year about your progress? performance? what you want next?**

**3. What trade-offs do you want to make for the second half of the year? For example, if something isn't working for you, what are you willing to do to change/alter it for the next six months?**





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**4. What are three things you wish you had done differently this year?  
OR what has gone differently than you hoped/expected?**

**5. What, if anything, have you dropped/let slide that you want to pick up  
for the second half of the year?**

**6. What is one idea / intention/ thought that you are heading into the  
second half of the year with?  
(consider if there is a word, phrase, or idea that keeps you focused!)**

**7. What have you learned about yourself that you want to remember,  
during the last six months? While completing this reflection?**

