SHERAH

mid-year goal check-in+ reset *worksheet*

REFLECT

What have I accomplished in the first 6 months that I'm proud of?

_____

Where did I show up well - for myself? My family? Friends? Community?

_____

What's one goal I set that's fallen off track (and why)?

_____

What has brought me unexpected joy or peace? How can I make more time for that?

_____

What am I doing that is helping me towards my goals? How can I do more of that?

_____

REFOCUS

What am I spending time on that is not aligned with my goals?

_____

What could I delegate, simplify, or say "no" to?

_____

Where could I say "yes" to support, rest, and things that fuel me and my personal growth?

_____

REIGNITE

- [ ] Choose one personal goal and one family or professional goal to focus on.
- [ ] Schedule time for them now - yes, in your calendar.
- [ ] Share your goals with Sherah and others to keep you accountable and let others support you.