Mid-Year Reset Worksheet 🔗

As we reach the halfway point of the year, it's the perfect time to take a short pause and reflect on our progress, goals, and intentions moving forward.

This "Mid-Year Reset" worksheet is designed to help you make the most of the past six months and future six months.

We'll start by looking back and celebrating accomplishments, identifying challenges, and recapping lessons learned so far. Then, we will create a goals timeline for the rest of the year, including what we'd like to accomplish within the next month, three months (by the end of summer), and six months (by the end of the year).

Use this worksheet as a way to reset and refocus your intentions for the remainder of the year.

Ready? Go to the next page to begin the exercise.

Reflect on the Year So Far

Accomplishments

List three things you accomplished in the first half of the year that you're proud of:

- _____

- _____

- _____

Challenges

Identify three challenges you faced this year and how you overcame or are overcoming them:

- _____

- _____

- _____

Lessons Learned

What are three important lessons you learned so far this year?

- _____

- _____

- _____

Mid-Year Goals Timeline

Use this goals template to refine your vision for the rest of the year.

Goals Within a Day

- _____

- _____

- _____

- _____

- _____

Goals Within a Week

- _____

- _____

- _____

- _____

- _____

Goals Within a Month

- _____

- _____

- _____

- _____

- _____

Goals By End of Summer (End of September)

- _____
- _____
  _____
- _____
- _____
- _____

Goals By End of Year (October-December)

- _____
- _____
- _____
- _____
- _____

Remember that none of these goals are set in stone.

The point of this exercise is to create a clearer vision of what you want out of the rest of the year, but life is full of unexpected turns. Be open to change and adaptation as the year unfolds!

Congratulations! You've completed the worksheet.