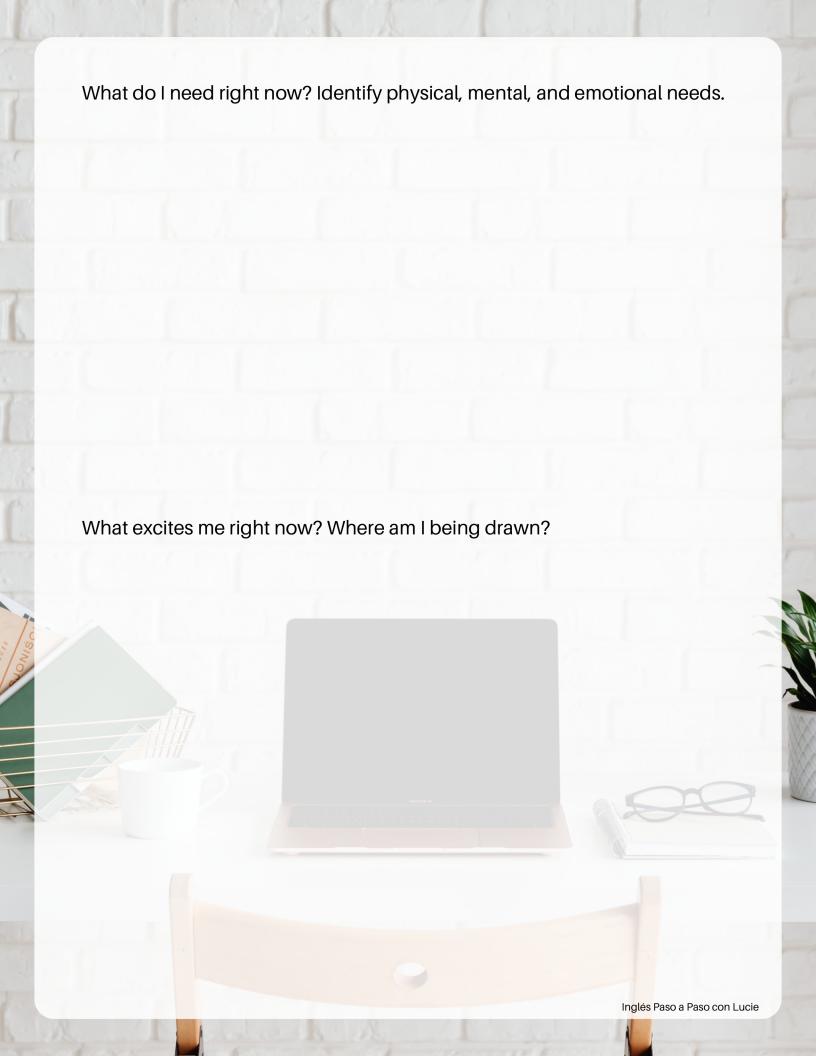
mid-year

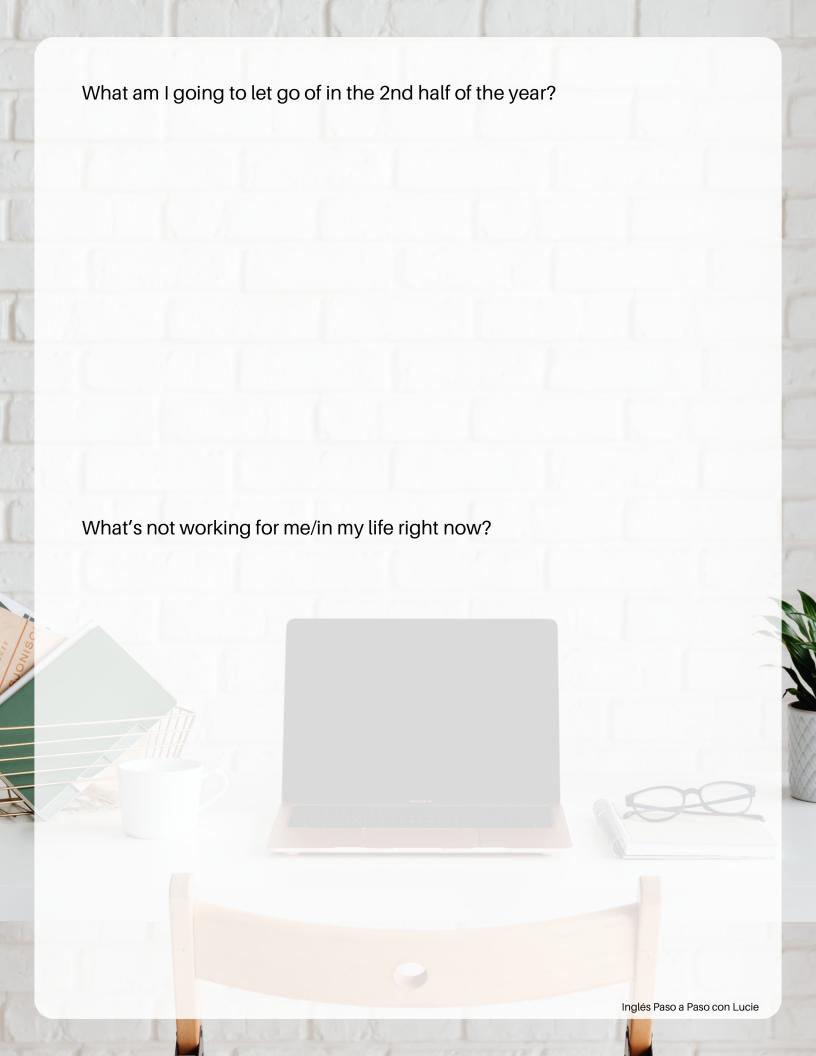


mid-year reflections

What are my wins/accomplishments from the first half of 2023?

How have I grown? What lessons have I learned about myself and my life?





What adjustments can I make to change the things that aren't working for me? What goals, shifts, and actions support the answers to these reflection questions? These questions were inspired by: Makse Life Inglés Paso a Paso con Lucie