

2023

*mid-year*

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# *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 do I need right now? Identify physical, mental, and emotional needs.

What excites me right now? Where am I being drawn?



What am I going to let go of in the 2nd half of the year?

What's not working for me/in my life right now?



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?

