



Mid-Year Life Check-In

1 July 2024

With six months of the year gone, it's time to check in to see how your year has been going. After all, it is another six months of your life gone. Has it gone well? Has it been terrible? Has it been wasted? Has it been boring? It's your life, and no matter the external circumstances you find yourself in, you do still have some ability to shape it the way you want it to be.

Below are some questions to ask yourself as you reflect on the past six months and get ready for the next half-year.

1. **What have I achieved over the past six months that I have never done before?** Your answer to this question will give you an idea of how you are learning and innovating in your life. You may have achieved a lot, but how much is new and different? How much are you stretching yourself?
2. **What did I learn?** This can be learning in a work sense, a financial sense, a health sense, a personal-growth sense, or a relationship sense. If we want to get better in any area of life, then we cannot be standing still. We need to keep learning new lessons and consolidate those learnings.
3. **Who have I influenced in some positive way?** Even if you are not a leader of some group, you can very much still lead and influence people. Are there people who you have unknowingly coached and mentored in some field? Are there people you have given advice to? Have you shared your life experiences and learning with others? It is easy to forget that our presence can often impact others in ways we may not begin to understand. If you have influenced people in a negative way, then think about how you stop doing that.
4. **Are my goals still my goals?** Our life circumstances can change quickly. We also, as we grow older (and hopefully wiser) change and realise what we thought we desperately wanted, we don't actually want. So, make a list of your goals you set at the beginning of the year. Check that in fact you do still want these as goals. While achieving goals is laudable and fulfilling, achieving goals you don't really want to achieve can be a waste of time, energy, and resources. If you really don't like a goal you set, and you decide it is just wrong for you, then drop it.

5. **Are my goals on track?** This applies to goals you still want to reach. If you are not on track then consider how you are going to get back on track. If you are not on track, why are you not making the progress you planned to make? Are you getting distracted? Are you procrastinating? Or did you just try to do too much too soon?
6. **What has held me back?** There could be many things. When you consider what has held you back practice the “5 why’s” technique. When you think you have identified what held you back, ask why that did? And then ask why that happened? The 5 why’s method helps you get to the root cause of your problems and if you can address the root cause you can make better progress in the future. Reasons that hold you back are often common to lots of areas of your life, so if you really try and get to the bottom of what holds you back, you can make significant progress if you change it going forward.
7. **What has my mindset been?** Are you positive or negative in your outlook and thinking? Do you have a victim mentality, or do you think empowering thoughts? Do you take responsibility for your life or primarily blame others for what goes wrong? You can change your mindset by becoming conscious of how you think in general and deliberately changing it, at first with a lot of conscious effort. What do I want my mindset to be going forward?
8. **What do I want to achieve by the end of the year?** This is essentially a reconfirmation of your goals for the rest of the year.
9. **What do I need to change to get there?** You have had half a year to practice and see where your plans may not work. Change what is not working and do more of what is working, is usually a good idea. Do you need to set some new habits?
10. **What do I need to leave behind.** This could be negative and defeating thoughts. It could also be bad habits. Perhaps you need to leave some fears behind and go forward with hope. Maybe it is some people who are not good for you that you need to see less of. We often carry baggage in various forms that just weighs us down. Sometimes we need to just drop it and move forward.

These are not easy questions to answer truthfully. There are lots of reasons and complex explanations for why we all do what we do.

You do want to examine, not only your progress towards your goals, but also what helps and what hinders you in getting your goals. If you can uncover your self-defeating thoughts and actions, and change them into action-oriented empowering thoughts and actions, your life, in every way will improve.

And if, after going through these questions, you don’t like where you are at, or what you have done or not done, you have six months left to course correct and make this a great year.