

JULY MID-YEAR *Check-in*

1. What has changed about me since January?

2. Which goal still feels meaningful, and which one no longer does?

3. Where have I been treating myself with more respect?

4. What has been draining me that I need to address?

5. What do I want the second half of this year to feel like?

6. What would I change if I stopped worrying about being behind?

