

MID-YEAR CHECK-IN

finances

work

health

social

home

growth

MID-YEAR CHECK-IN

finances

- ♥ Are you comfortable with your current financial situation? _____
- ♥ Do you have an emergency fund? _____
- ♥ Are you making payments toward debts on time? _____
- ♥ What steps can you take right now to improve your financial situation?

work

- ♥ Do you have a stable/reliable income? _____
- ♥ Does your work feel meaningful? _____
- ♥ Do you have a clear view of what you are working toward? _____
- ♥ What steps can you take right now to improve your work life?

home

- ♥ Are you in a living situation that is healthy and safe? _____
- ♥ Is your home comfortable and functional? _____
- ♥ What steps can you take right now to improve your living space?

MID-YEAR CHECK-IN

health

♥ How would you rate your physical health? 😞 😟 😐 😊 😄

♥ What are you currently doing for your physical health?

♥ What steps can you take right now to improve your physical health?

♥ How would you rate your mental health? 😞 😟 😐 😊 😄

♥ What are you currently doing for your mental health?

♥ What steps can you take right now to improve your mental health?

social

♥ Are you happy with your current social life? _____

♥ Are your relationships a positive influence in your life? _____

♥ Are you being positively challenged in your relationships? _____

♥ What steps can you take right now to improve your social life?

MID-YEAR CHECK-IN

growth

♥ What are you currently doing for your own personal development?

♥ What is something you would like to learn more about this year?

♥ What skills would you like to gain and/or further develop?

♥ What steps can you take right now to start working toward your personal growth goals?

a promise for growth:

I _____, make a promise to myself that this reflection will not go to waste. I will continue the good work I am already doing, take the next steps I need to grow, celebrate goals achieved, and learn from missteps and setbacks. I will do what I need to do right now to take care of myself and continue to bloom.
