

Mid-Year Review & Regroup

Instructions

Take advantage of the somewhat slower pace of life during summer to carve out a few minutes of quiet time to think back on the past six months. If you're so inclined, assemble some items to jog your memory – your planner or calendar, photos, or your journal. It may also help to look through your old [Facebook](#) or [Twitter](#) status updates, and emails that you've sent. And if you wrote down any of your resolutions, goals, or [plans for 2011](#), scan through those as well.

The questions below are meant to guide your reflection and planning. Approach them in a way that feels appealing to you, and don't feel obligated to answer each and every one. (Although if one of the questions particularly bothers you, it may be the one most worth answering!) They can apply to work / career as well as personal life.

You can answer the questions directly in the space provided below. You can also use them as discussion points for a conversation with your spouse or best friend. Or if you keep a journal, you can try them as writing prompts for a journal entry.

Looking back on the past six months...

1. Some of the high points have been:
2. Some of the low points have been:
3. Some of the things I've learned are:
4. Something I am proud of is:
5. Something I wish I'd handled differently is:
6. Something that has worked well is:
7. If I had to choose a word or phrase to reflect the "theme" of the first half of 2011 (e.g. "risk," "overwhelmed," "overjoyed," "exhausted," "exhilarated," etc.) it would be:

8. For the last half of 2011, I'd like the "theme" to be:

9. Some things I'd like to accomplish in the remaining months of 2011:

10. Some of the things I've been [putting up with](#) over the past 6 months are:

11. Things I will stop putting up with and take care of once and for all, before the end of 2011, are:

12. How I would like people to describe me (in my various roles -- as a leader, a professional, a colleague, a friend, a parent, a human being, etc.) in 2011 are:

13. Some things I can do in July-December to bring [more fun](#) into my work and my life:

14. Some actions I can take in the next few weeks to get closer to my vision for 2011 are:

15. Choosing from the actions listed in #14, one action I commit to taking in the next 4 days is:

May the remainder of 2011 bring you closer to a high-impact career (and life!) that you love!

- Shana

Shana Montesol Johnson

Certified Career Coach / Executive Coach

shana@developmentcrossroads.com • www.developmentcrossroads.com

Twitter: devxroads • [facebook.com/developmentcrossroads](https://www.facebook.com/developmentcrossroads) • <http://ph.linkedin.com/in/shanamontesoljohnson>