

**2021**

# **Mid-Year Reset**

Worksheet by Andrea Eppy



# REVIEW MEMORIES

## Memorable Moments

Browse through your calendar, journal, and photos to remember things that you did so far this year that stick out. It can be easy to forget all the good things that happened unless you look in all the places you store memories and write them in one place. Examples: wedding, freelance projects, birthday party, interview, took a course, travel, girls night, etc.

January

February

March

April

May

June

July

## Reflect

Use the space below to reflect on the events above. How are things going overall? Do you recognize any trends? For example, maybe you were consistently working out a few months ago, and you've fallen off lately, or you've been going to more social events recently.



# REVIEW GOALS

## Review January Goals

Write down your goals from the beginning of the year in the left column, and in the right column compare if you actually accomplished the goal or not. I like to organize these goals by category (Health, Social, Career, etc.).

January Goals:

How those goals are doing:

## Narrow your focus

Highlight the most important goals from your list above. If you're like me, you might have a long list of goals. Narrow it down to 3-5 of your MOST important goals. Write them here in the most simple, short way you can. Example: Buy a house, grow a blog, etc.

Top 3-5 MOST important goals:

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# PLAN AHEAD

## Create Milestones

Now that you have your MOST important goals narrowed down, decide on a monthly milestone(s) for each goal, and put it into the timeline below. What would a successful month look like, while building on previous milestones, so that at the end of the year your goals are actually accomplished?

	August	September	October	November	December
Goal 1	Milestone:	Milestone:	Milestone:	Milestone:	Milestone:
Goal 2	Milestone:	Milestone:	Milestone:	Milestone:	Milestone:
Goal 3	Milestone:	Milestone:	Milestone:	Milestone:	Milestone:



# CREATE HABITS

## Actionable Steps

Next, we're going to break those milestones down even further into actionable steps. Work backwards first with weekly goals, and then daily goals. This is where you can start building your daily habits and make things more concrete.

### Goal 1:

#### Weekly Goals

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#### Daily Goals

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### Goal 2:

#### Weekly Goals

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#### Daily Goals

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### Goal 3:

#### Weekly Goals

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#### Daily Goals

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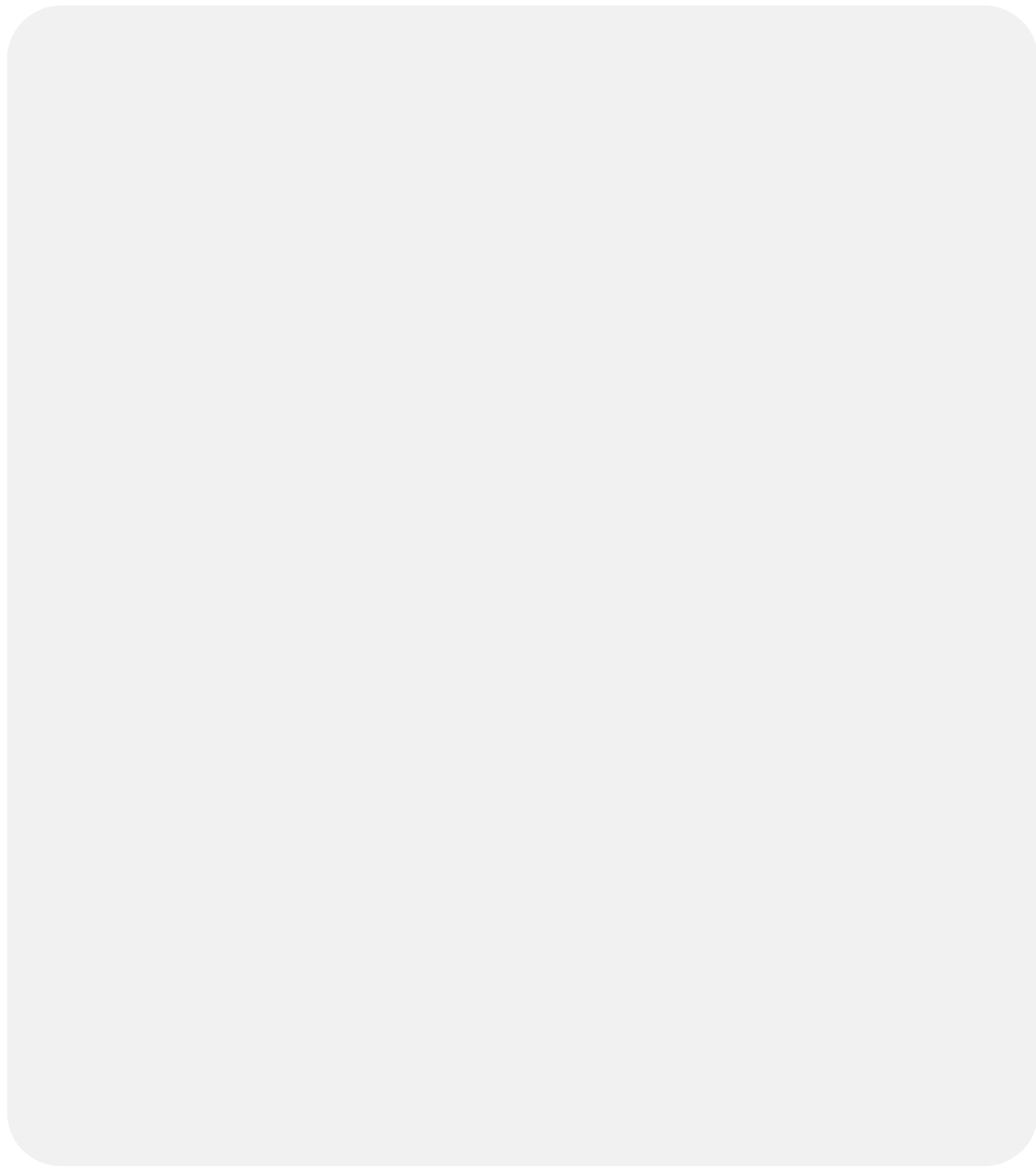
Now you have a detailed plan for realistically accomplishing your 2021 goals for the rest of the year! Good luck, and remember to review this sheet at the end of this year.

# EXTRA

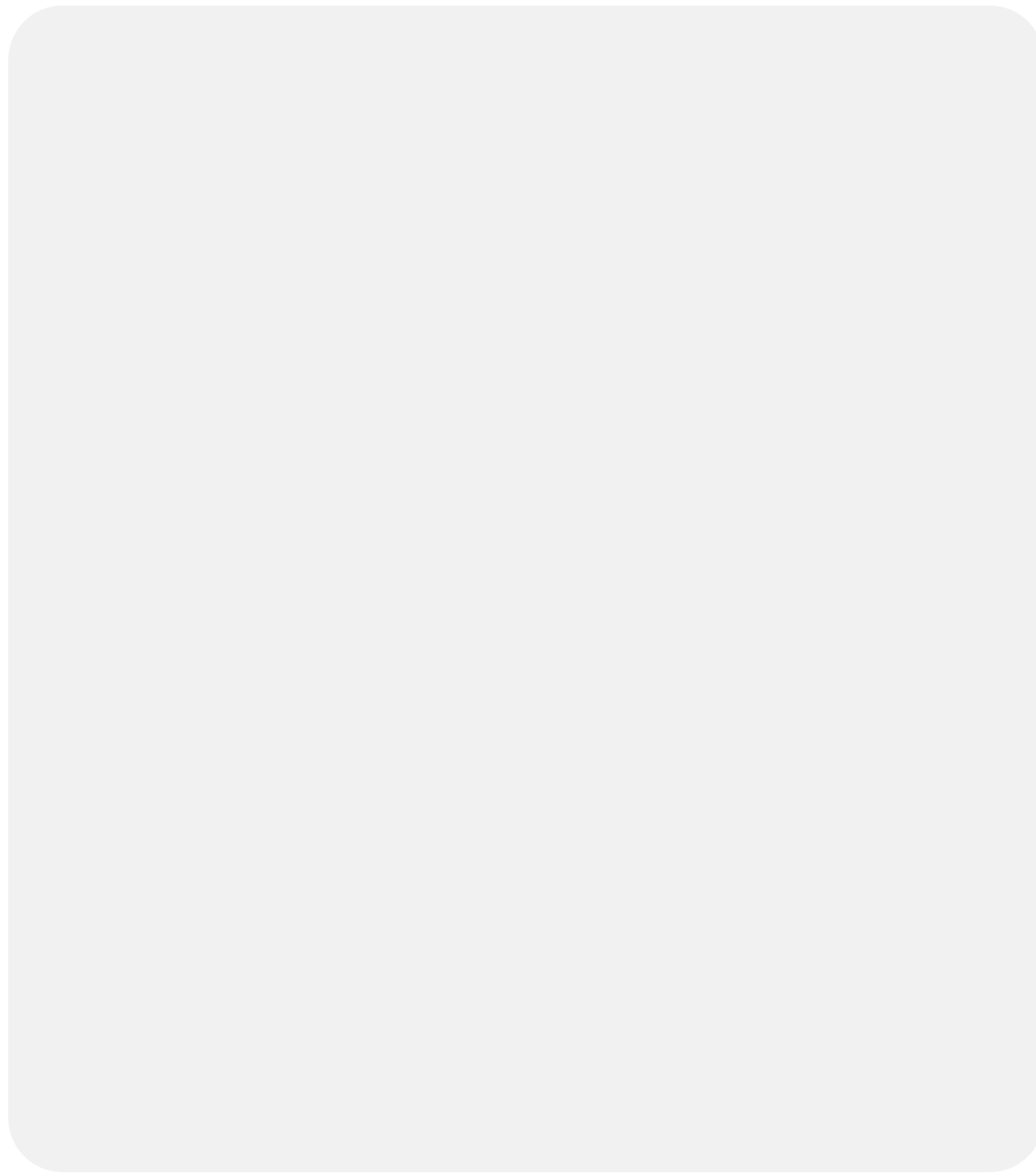
## Things to Look Forward To

This page isn't related to your goals, but I find it helpful in adding happy things to look forward to, so it's not all just work. Gotta have some fun, too! Think of birthdays, anniversaries, holidays, vacations, etc.

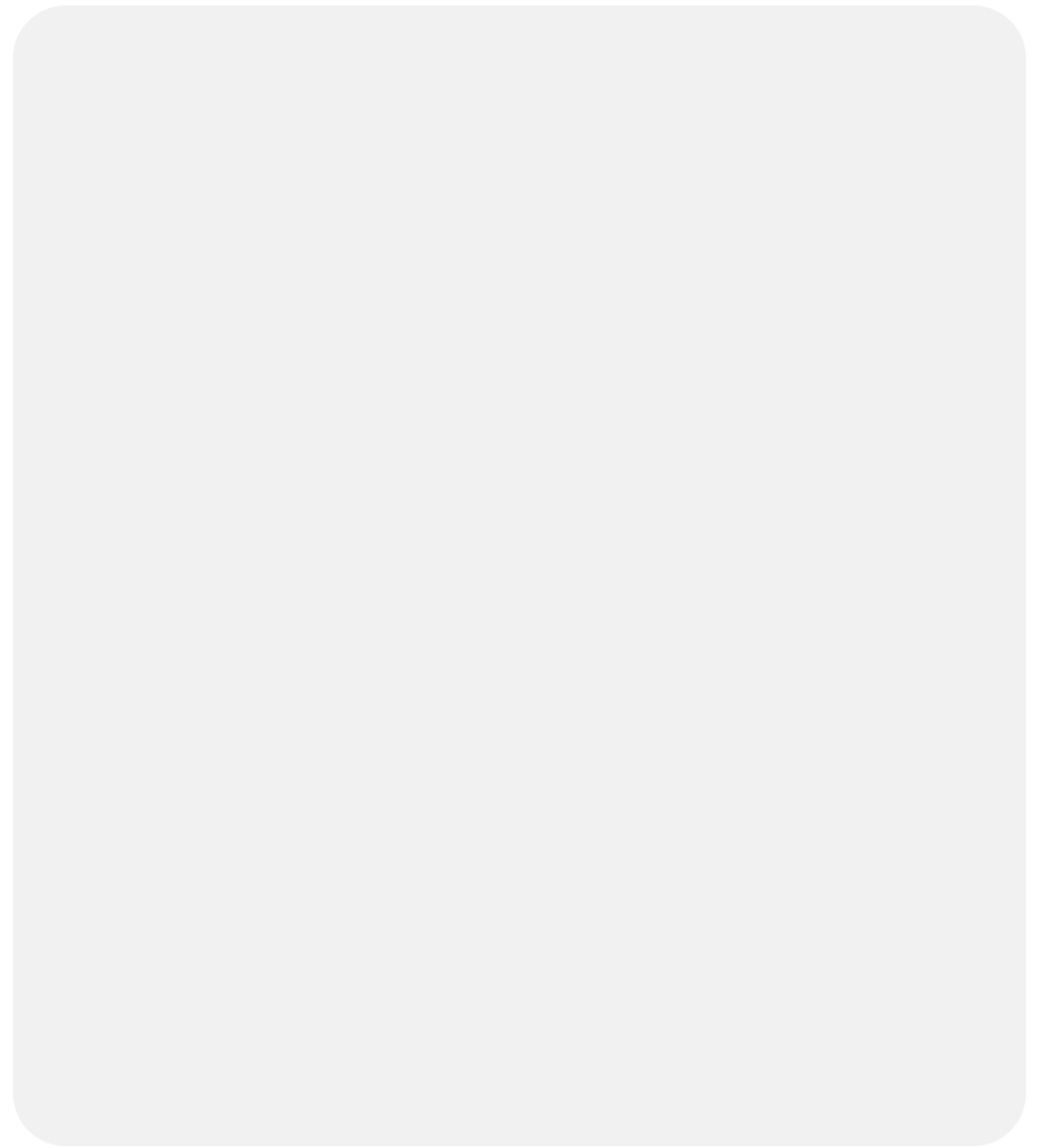
August



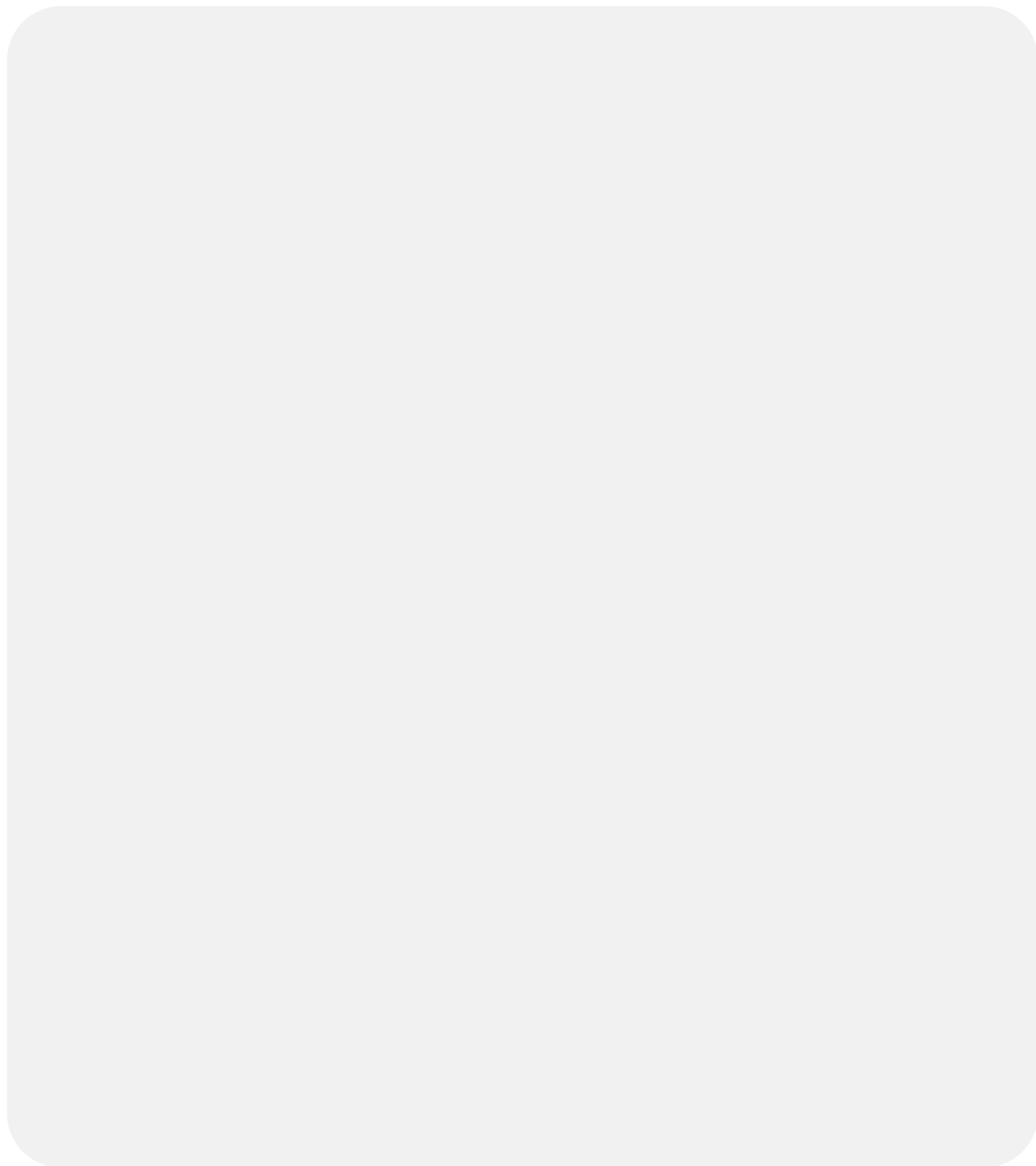
September



October



November



December

