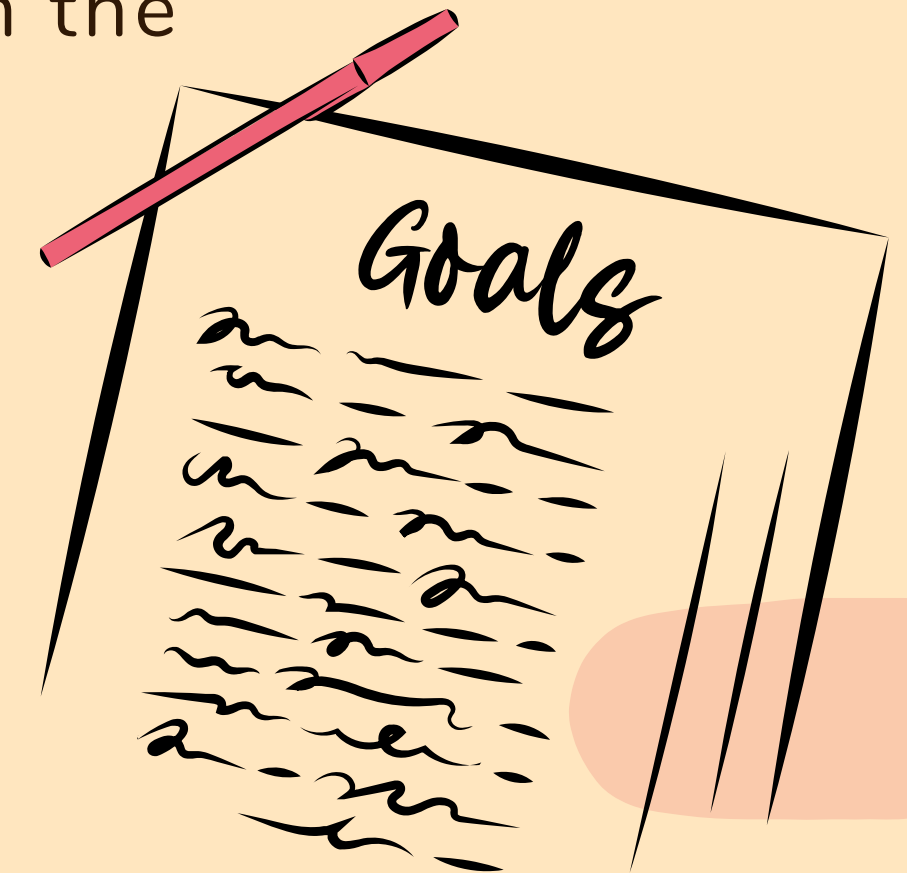


Mid-Year Goal Setting

Created By: Frances McPeck

Mid-Year Goal Setting

Mid-year goal setting is an excellent way to reflect on the goals from the beginning of the year to see what you have accomplished. It is also a great time to set new goals, alter goals, or continue to be specific about how you are going to achieve the goals from the beginning of the year.



Reevaluate and Evaluate Your Goals

1

Review the goals set at the beginning of the year

3

Revise Your Goals

2

Assess what you have accomplished so far and what you still want to achieve

4

Review Your Why

5

What actions do you need to do to accomplish your goals?

Reflect On the Goals

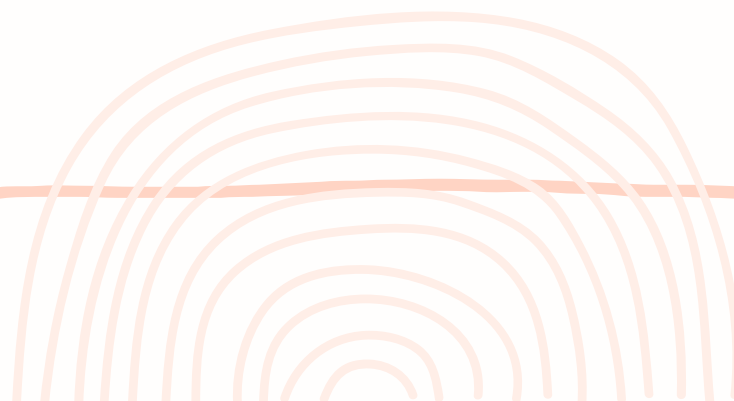
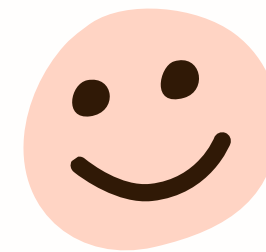
1

Did you set goals at the beginning of the year? If so were any out of reach? What have you accomplished so far?

2

List all the successes so far this year to see how far you've come!

What goals have I accomplished so far?



What Goals are Next?

1

What did you set out to do at the beginning of the year that you would still like to accomplish?

2

What has changed in your life? What new goals did it create?

3

How long will you give yourself to achieve each goal? Is the time frame achievable? How will you measure your goal to know when you have completed it? Will your short-term goals help you achieve your long-term goals? What steps need to be taken to reach your goal?



Revise Goals



1

Are the goals that you set for yourself at the beginning of the year still relevant?

2

How far have you come in reaching your goals?

3

What hurdle(s) will you overcome to achieve your goals?

4

What is a priority for you?

Goal?



Your "Why" is what drives motivation and creates resistance when striving for a specific goal. The road to achieving goals is never an easy one and your "why" will help you stay driven even in the midst of chaos and anxiety.

1

What is motivating you to accomplish this goal?

2

Why do you want to accomplish these goals?

3

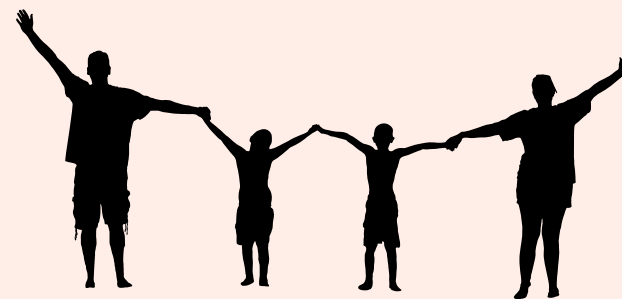
What are your values, passions, and strengths?

4

Practice self-awareness to understand your patterns and thoughts.

Review Your Why

What is your "Why"?



Actions Needed to Succeed

Action 1

Revisit your goals often and reflect on what you have done and what is preventing you from reaching your goals.



Action 2

Reward yourself for the victories!



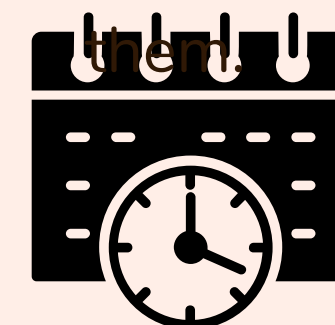
Action 3

Remind yourself of your "Why."



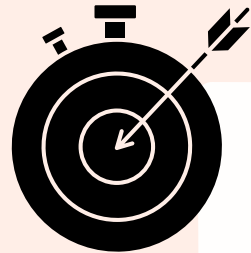
Action 4

Make a plan of action, which can be done by making a list of new routines or habits when you are going to practice



SMART Goals

SMART goals are goals that are specific, measurable, achievable, relevant, and time-bound. Being specific about your goals helps you to create a clear approach to accomplishing them.



Specific

Should answer the who, what, where, why, and which.

- What do you want to achieve?
- Why do you want to achieve this goal? Why is it important?
- Where is it located?
- Who is involved?
- Which limitations or resources are present?

Measurable

Measures the how of the goal.

- How will you know you have accomplished it?
- How much?
- How many?



Achievable

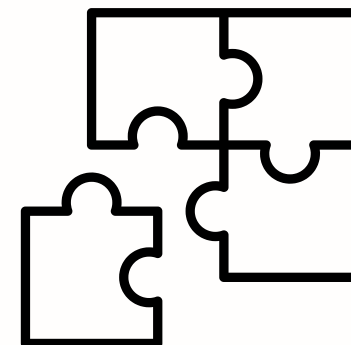
Your goal must be realistic and attainable in order to be successful.

- How will you accomplish it?
- How realistic is the goal based on where you are currently in your life?



Relevant

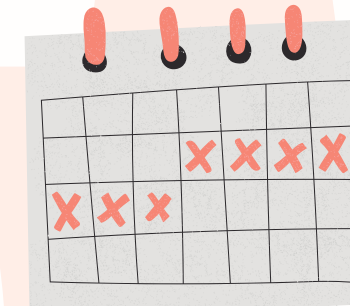
Ensure that your goal relates to your why and matters to you. Your goal should be worthwhile and can match the efforts/needs that you can give.



Time-Bound

This provides a deadline to work towards and helps to prioritize what comes first.

- When do you want/need this done?
- What can you do in the immediate future?
- What can you do when you 6 months in?
- What can you do right now?



References:

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Mid-Year Goal Setting for Powerful Success

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How to Do a Mid-Year Goals Check-In

<https://anamcrae.ca/how-to-do-a-mid-year-goals-check-in/>

How to do Helpful Mid-Year Goal Check-In

<https://lifebydeanna.com/how-to-do-a-helpful-mid-year-goal-check-in/>

How to do a Mid-Year Goal Review and Check-In

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Find Your Why to Get Unstuck

<https://lifeskillsthatmatter.com/find-your-why/#:~:text=Your%20%E2%80%9CWhy%E2%80%9D%20is%20a%20statement,It%20is%20your%20mission%20statement.>

SMART Goals

<https://www.mindtools.com/a4wo118/smart-goals>