My Six Month Review

MY PERFECT BEACH DAY

Before we tackle the 6 Month Review we will do a quick exercise.
Flex your writing muscles and relax a bit; take a few minutes to create a perfect day in your life...name it and describe it in detail.

Settling onto my beach chair and digging my toes into the soft sand. I am on my own private beach, with the gentle waves lapping against the white sandy beach. The sky is a gorgeous bright blue with wispy clouds and is a contrast to the deeper blue of the ocean. The only sounds are the waves, a breeze through the palm tress and water birds flitting about. I can smell the salty fragrance of the ocean and the nearby tropical flowers. Tension and stress are melting away with each wave that comes ashore. I have all that I need in this moment including a cool drink and a fresh snack nearby,...

Six Month Review

BIG 3 QUESTIONS

1) What were my highlights from the past 6 months?
2) Where did I struggle?
3) What did I (or can I) learn about myself from the struggle?

Six Month Review

WHAT DO I WANT FROM THE NEXT 6 MONTHS

Sometimes where we end up isn't exactly where we thought we would be. And that's okay. We can shift our goals, refine our vision, or completely scrap the idea.

1) Pick one or two areas that you want to focus on for the next 6 months.
2) What are 3 steps you can initiate to begin (or continue to) work on improving, changing, achieving those areas?
3) Why do you want this? What will it create in your life? What is the emotional hook or anchor?
4) Who can support you during this process? What do you need to help you be successful during this process?

Six Month Review

WHAT DO I WANT FROM THE NEXT 6 MONTHS (CONT.)

These are big questions...take the time to think and journal.
Here is some extra space, if needed.

Six Month Review

WHAT WILL LIFE LOOK IN 6 MONTHS

Take some time to visualize what life will look like after the next 6 months.

How will life be different? How will you be different? How will you feel? Will you celebrate? How will you honor what you have created?

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Six Month Review

MY PERFECT BEACH DAY...REVISITED

Remember the exercise we did writing about a "perfect" day? Let's go back to that idea. But this time; write about what a perfect day will look like in 6 months after you have manifested your change or reached your goal.

Six Month Review

ANCHORING IN

Based on that "perfect" day; pick a word, phrase or visual cue (image or picture) to represent the next 6 months and the work you intend to do. This is an anchor, Something that you can repeat or see to remind yourself of your goals and the amazing feeling you will have when you achieved your goals.

Six Month Review

WISHING YOU THE BEST ON YOUR 6 MONTH JOURNEY!

Sometimes questions, concerns, doubts, and fears pop up as we are beginning to think about our future, even if we are seeing a positive reality down the road.

Write them down. Journal. Meditate or prayer. Ask for guidance or signs from any positive spiritual entity within your belief system.

Enjoy the journey :)
If you are needing extra guidance or support, feel free to reach out to me!
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