

# THE MID-YEAR REFRESH



THIS YEAR HAS BEEN: \_\_\_\_\_

HOW I FEEL TODAY: \_\_\_\_\_

HOW I WANT TO FEEL IN THE SECOND HALF OF THIS YEAR: \_\_\_\_\_

## 1 I'M REFRESHING MY *MIND*:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## 2 I'M REFRESHING MY *BIG PICTURE*:

*You've gained new perspective this year about what matters and what doesn't in the big picture! Imagine yourself years from now. Looking back on the whole of your life, where will you be grateful you spent your time and attention?*

## 3 I'M REFRESHING MY *FOCUS*:

*Knowing what matters to you in the big picture helps you to know where to use your time—it helps you to focus instead of trying to do it all.*

The 1 thing I want to cultivate in the second half of the year:

\_\_\_\_\_

MY WORD FOR THE REST OF 2022