

Collette Merritt

Empowerment Life & Leadership Coach

<https://btccoaching.co.za/>

Email: Info@BTCcoaching.co.za



Mid-Year Review

1. **Review** your New Year List (from 6 months ago).
2. What do you want to **release**? This can be a task, a feeling, a whole person or an out of date goal.

... in Your Personal Life	... in Your Career \ Business	... in Your Spiritual Practice

3. What do you want to **keep**? I am intentionally giving you limited space here, because we have 6 months left this year to achieve what remains on the list. Too many items, could create overwhelm.

... in Your Personal Life	... in Your Career \ Business	... in Your Spiritual Practice

4. In which areas do you want to **renew** your energies?

... in Your Personal Life	... in Your Career\Business	... in Your Spiritual Practice

5. **Create the Action Plan?** How are you going to achieve your list above?

- ✓ Is Lose 5 lbs or kg's on your list – what actions are you going to introduce to achieve that?
- ✓ Is living healthier on your list – what are you going to do to be healthier?
- ✓ Is growing your business on your list – what actual steps are you going to take to grow your business?
- ✓ Is creating balance in your life – what are you going to remove and\or what are you going to start doing to create the balance?
- ✓ More quality family time on your list – what does that mean for you and your family.

Action Plan

... in Your Personal Life	... in Your Career\Business	... in Your Spiritual Practice

6. **Stay the course!** We all have moments when we can blow things off, remember **WHY** you are doing it. And then get up immediately and take action.

7. **Finally, Celebrate the Wins!** – Look back on your first six months and any future wins, and celebrate how far you have come and the positive items you have achieved! When you achieve your goals, what are you doing to **celebrate**?

Also, when we gift ourselves with success experience, we affirm the neural pathways, teaching both ourselves and those around us that goals can be set, worked for and achieved. That way we galvanize accomplishment, through success experience.



Be The Change Coaching – Empowering For Results!