

# Mid-year goals and evaluations



After the flurry and excitement of the new year and new year's resolutions die down, how close are you to achieving what you wanted to this year? Taking a step back to re-evaluate your goals and your path towards them in the middle of the year can help you to appreciate how far you've come and to aim towards completing them by the end of the year.

However, it's also important to realign your goals as your priorities change and not to beat yourself up over what you have not achieved. When you were looking forward to the new year, you may have set yourself a goal that was somewhat unrealistic, but you now have the opportunity to reset and redesign your goals to your current lifestyle.

## How do I re-evaluate my goals?

### **1. Take a moment to pat yourself on the back.**

This is probably the most important step in the process of redesigning your goals mid-year. Take some notes, or take a moment to think about all the great things you've achieved. Initially, don't think about what you intended to achieve this year, but rather focus on all the things you have achieved.

### **2. Focus down.**

Then, think about what your

major goals were at the beginning of the year and decide how far you've come with each of them. Write down what you have achieved and what you still need to.

**3. Develop an action plan.** For each goal, write out the steps you need to take from now to achieve your goal. They should all have a schedule to help you stick to them.

**4. Strike off some goals.** If there are goals that are still on your list that it's not important for you to achieve anymore, cross them off. But, don't delete goals just because they are proving harder than you thought to achieve.

**5. Add some new ones.** You may have changed more than you thought since the beginning of the year. Add some more goals that you think might be useful to you.