



Midyear Reset

Congratulations! You're half way through the year. It's a good time to reflect on what you've achieved or learned over the past 6 months--a time to sharpen your focus going forward.

Here's an exercise to help you commit (or recommit) to how you want to work and whatever goals are most important to you. There are no right or wrong answers.

Take some time on your own to complete the following statements.

1. *The greatest personal and/or professional accomplishment I have achieved so far this year is...*
2. *Over the last 6 months, I tend to get best results when...*
3. *Something important I've learned or observed over last 6 months is...*
4. *As I contemplate my goals for the next 6 months, I am most excited about ...*
5. *My biggest concern is...*
6. *My most important goal is ...*
7. *To achieve my goals(s), I will commit to the following ...*
8. *Something new I'm willing to try and/or one risk I am willing to take is ...*
9. *The resources, systems, financial support or people I need to acquire include...*
10. *I'll know I'm making progress when...*

NOTE: *When reviewing goals with your team, determine if you need to reprioritize or even let go of some goals.*

Make sure goals have enough specificity, that expectations are clear and communicated to everyone involved.

Agree on how you'll track progress. The simpler, the better.

Being clear about what you most want in your life or work can help you set meaningful goals/intentions to achieve what's most important to you. I'm excited to support you in this process.

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