



## My Year By Design – Mid-Year Check In

### 1. Six months in review

Review your calendar, journals, Facebook, LinkedIn, Instagram and any other record of your activities for the past 6 months. List out the following:

Positive People & Experiences	Negative People & Experiences

## 2. My Intentions for the next six months

Answer any or all of the following questions:

- What do I want to have happen for the rest of this year?
- What do I want to replicate from the past six months?
- Who do I want to spend time with?
- What sort of work will be really interesting and engaging for me?
- What do I want to achieve?
- What activities and relationships do I want to drop, or dial down?

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### 3. Schedule The Good Stuff

Different people prefer different ways of doing this step. Some people, like me, get a wall calendar and block out time based on different categories of activities. Others simply make a list with dates against it. Do whatever works for you.

### 4. Make (or update) your 'great people' list

Make a list of the people you want to spend time with this year. This list should be derived from the 'people' part of your year in review. Add in any other people you would love to connect with that you haven't for a while, or don't know yet.

#### A further resource:

[The Art of Deliberate Success](#), by Dr David Keane, provides a more in-depth and structured approach to working out what you really want, and ways to make that happen.