



**MID YEAR ACCELERATOR**

My best fiction writing  
is my daily to-do list.



som<sup>ee</sup>cards

# THE KEY CONCEPTS

1. Where are you now?
2. Review.  
*looking back & looking forward*
3. Monitoring progress.

# WHERE ARE YOU NOW?

## ASSESSMENT QUESTIONS

- Are you approx halfway to your goals?
- What adjustments do you need to make?
- Do you need to aim higher?
- Is the goal still relevant?

# REVIEW: LOOKING BACK

## KEY ACCOMPLISHMENTS

- What stands out over the last 6 months?
- What else did I achieve?
- What things am I most proud of accomplishing?
- Which of my goals did I really miss the mark on?

# REVIEW: LOOKING BACK

## RELATIONSHIP DEVELOPMENT

- What new relationships did I develop?
- Which of my existing relationships did I strengthen?
- Which relationships may I have overlooked or not given enough attention to?

# REVIEW: LOOKING BACK

## LEARNING

- What new things did I learn?
- What skills did I develop?
- What were the things I learned about myself?
- What things did I learn about my business?

# REVIEW: LOOKING BACK

## MISTAKES

- What mistakes did I make?
- What mistakes MUST I avoid going forward?
- What are my key learnings from my mistakes?

# REVIEW: LOOKING BACK

## HEALTH & FITNESS

- What did I do well?
- What did I do badly?
- What are my key learnings?
- What do I need to change?

# REVIEW: LOOKING BACK

## WEALTH CREATION

- What did I do well?
- What did I do badly?
- What are my key learnings?
- What do I need to change?

# REVIEW: LOOKING BACK

## TIME MANAGEMENT

- What did I do well?
- What did I do badly?
- What are my key learnings?
- What do I need to change?

# REVIEW: LOOKING FORWARD

MY TOP 5 GOALS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# REVIEW: LOOKING FORWARD

## ASSESSMENT QUESTIONS

- What habits do I need to develop?
- What habits do I need to drop?
- What one skill do I need to learn & use?

GOAL:

VALUES COMPLEMENT

VALUES CONFLICT

GOALS EFFECTED - REACH

GOALS EFFECTED - MISS

STRENGTHS

WEAKNESS

STOP DOING

START DOING

FOCUS ON

MINDSET ISSUE

CREATE EMOTION

PREVENT EMOTION

LEARN

UNLEARN

ACCOUNTABILITY BUDDY

BELIEFS TO CHANGE

WHY

WHO

MILESTONES

MANTRA

# MONITOR PROGRESS

## STAYING ON TRACK

Exercise:

- Worked example of goal setting form.
- Fill in the form for each target.
- Get it in the diary.
- Accountability?
- Tracking?

# MONITOR PROGRESS

## SPIRITUALLY

Exercise:

- What do you need most?  
*that refreshes & renews*
- How can you get that?  
*Annually, Monthly, Daily?*

If these changes are difficult - its because you haven't handled the associated...

**Anger**  
**Sadness**  
**Fear**  
**Shame** or  
**Guilt**

What Are The Changes You Have To Make For This To Happen?