



## Six Month Goal Review Session



### Questions for Reflection on the Last Six Months

What goals did I set six months ago?

Which goals did I achieve, and how did I achieve them?

What challenges did I encounter?

What lessons have I learned from these experiences?

What am I most proud of from the past six months?

## Reflection Questions for the Last Six Months

What are five accomplishments you're most proud of from the past six months?

Did you achieve the goals you set at the beginning of the year? If yes, which ones? If not, what were the challenges?

How close are you to achieving your current goals? Are there any goals you've outgrown or no longer find relevant?

What lessons have you learned from any setbacks or challenges you faced?

How have your priorities or values shifted over the past six months?

## **Reflection Questions for Setting Goals for the Next Six Months**

What are your top three priorities for the next six months?

What specific actions can you take to move closer to achieving these priorities?

Are there any new goals or aspirations you want to add for the next six months?

How do these goals align with your long-term aspirations?

What support or resources do you need to help you achieve these goals?

What's the best possible thing that could happen in the next few months as it relates to your goals?