

THE MID-YEAR CHECKPOINT

*Take a step back. Get your bearings.
Reorient for the rest of 2026.*



2 0 2 6

Welcome

Do you remember your New Year's resolutions?

For the longest time, I could only remember mine thru March on a *good* year. I'd begin the year amped up to change things in January, start bogging down in the day-to-day sauce of life in February, and completely surrender to one hectic week at a time in March.

If this story sounds familiar, I've created the *Mid-Year Checkpoint* just for you.

Even if you didn't explicitly set resolutions for 2026, I bet there are a few things you hoped would be different this year. We're only human after all, and our innate desire to continuously learn, grow, and improve is one of the things that makes us so. All the same, if you tend to forget your goals after a few weeks or months like me, it's not your fault. We live in a world designed to suck us in every step of the way. Our phones demand our time, the news begs for our attention, and our jobs yearn for our souls. And there's only so much we can do to resist these predators. We are only human after all.

But there's a way to combat this. It takes some work, but the best things in life always do. Today, I invite you to reserve a few hours for nobody but yourself. I invite you to remind yourself of where you were yesterday, how far you've come since, and the tomorrow your path leads to. Whether you do this activity over one sitting or several, my promise to you is simple: at the end of this reflection, you will leave with a clear read on where you stand today and where you're headed tomorrow.

I sincerely hope you enjoy.

- *The Reflection Guy*

Sit down.

Close your eyes.

Take 3 deep breaths, in and out through the nose.

✦ YOU HAVE ARRIVED ✦



The Sealed Envelope

We start with memory. No notes, no scrolling, nothing to look up: just what you can recall on your own.

Place yourself back at the end of December. Where were you? What were you doing? Who were you with? What was going on in your life? How did you feel about the coming year?

Now, from memory alone:

What did you hope this year would be about?



What did you want more of? What did you want less of?



What's something you told yourself would be different?



When you're done, fold this page in half. We'll come back to it later.



The Sweep

Now open up anything that left a trail over the last 6 months. For me, that's mainly my calendar and camera roll, but it could be a journal, work log, or anything else for you.

Go one month at a time. In each box, jot down whatever paints the picture of that month: the big, the small, the good, the hard, the strange. Just collect your memories for now.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

When you've completed all six months, read back through and **circle the six moments that stand out most**. These are your defining moments, and a moment can earn that distinction for any reason you decide.



The Eight Petals

Now, let's get a read on the Eight Petals of your life. Jot down a few honest notes in each box. How does each petal feel in your life right now?

BODY & HEALTH

energy, exercise, and how you feel physically

MIND & EMOTIONS

mood, stress, and your inner weather

PURPOSE & MEANING

values, contribution, and what it's all for

FAMILY & LOVE

partner, parents, kids, and your closest bonds

FRIENDS & COMMUNITY

friendships, social life, and belonging

WORK & CAREER

your craft, your job, and its direction

LEARNING & PLAY

curiosity, skills, and creativity

MONEY & HOME

finances, your spaces, and life admin

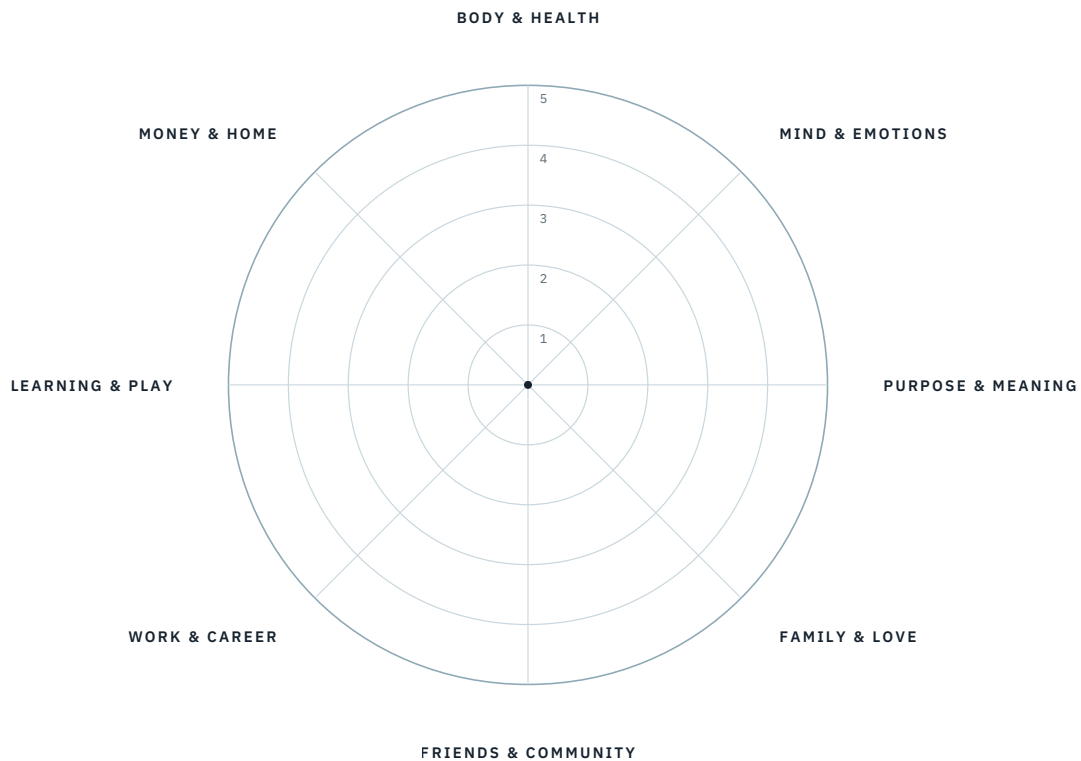


The Flower

1. How would you rate each petal right now? On each petal, place a dot from 1 (not at all satisfied) to 5 (couldn't be better). Then connect the dots to see the shape of your life right now.

2. Which way is each petal going? On each dot, add a small arrow: ↑ improving, → steady, ↓ slipping.

A dot can sit low and still point up. Both marks matter.



One more thing: if you set any intentions back in January, goals, resolutions, or a word for the year, jot them down here. No grading, no editing, just get it down. *(If you didn't have anything recorded for 2026, you can skip this. Your folded page already holds what you need.)*



Just the Facts

Now, let's call out a few highlights and lowlights from the last 6 months.

Three wins.



Three challenges.



One surprise.



What did your average week actually look like?

Not your best week. Your average one: where the hours really went, and which habits defined it. If this continues to be your average week, where will it lead?



What It Felt Like

The extremes.

Identify your longest and shortest petals on the flower. For ties, pick the petal that feels most dominant right now. Go deeper than your Eight Petals boxes did: how do you actually feel about these two petals, and what specific feelings live there?

LONGEST PETAL

SHORTEST PETAL

The people.

Who are the three most important relationships in your life right now? What do you receive from each? Take a moment to mentally send each of them some gratitude.

What has consistently given you energy and fed you?

What have you noticed sapping your energy?

Set it down.

What have you been carrying for the last 6 months? A grudge, a "should," an unfinished business. Name one and let it go.



The Best Moment

One moment from the last six months you'd live again exactly as it was.

Put yourself back inside it. Where were you? What did you see, hear, feel?

Write it. Draw it. Map the room. Whatever brings it back.



The Bearing Check

Open the page you folded at the start. Read what January-you hoped for, and lay it next to everything you’ve written since: your defining moments, your Eight Petals, your flower, and your reflections.

A bearing is two things: where you are, and where you’re pointed. So the question isn’t *did you succeed?* It’s whether you’re still heading where you meant to.

For each hope or goal, remembered or written, mark one:

- ON COURSE

your heading today still matches your January intention
- DRIFTED

your goal slipped, and you haven’t addressed it yet
- DESTINATION CHANGED

your goal has changed from what you intended in January

HOPE OR GOAL	ON COURSE	DRIFTED	DEST. CHANGED
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐



Read the Drift

Three questions now that you have a bearing on your hopes and goals:

What did you get off track from?



What got more of you than you ever planned to give it?



What patterns do you notice across your last 6 months?



Name the Half

If the first half of your year were a chapter, what would its title be?



Three words that describe these six months.



Give yourself some words of affirmation and encouragement for the things you accomplished in the last six months. What does your inner child need to hear?



Chart the Course

Now that you've got the whole picture in front of you, it's time to decide where to focus going forward.

The only rule for the second half: you can cut as much as you want, but only intentionally add a few things.

RELEASE

Leave behind any goal, project, or expectation that doesn't earn a place in your second half: name each and let it go. The more you can leave behind, the lighter you'll be for what really matters.



Now the keepers. Looking back at the goals you marked on the Bearing Check (page 10), choose **at most three** to carry into the second half, and give each a clear next step.

Tag each one: KEEP (still right, recommitting), REVISE (right direction, wrong shape), or START (new, and earned).

The next step for each goal is one small, concrete thing you'll do this month to move the goal forward.

CARRY

1

THE ORIGINAL GOAL

.....

TAG IT ☐ KEEP ☐ REVISE ☐ START

IF REVISED, THE NEW VERSION

.....

THE NEXT STEP

.....

WHAT SUCCESS LOOKS + FEELS LIKE

.....

.....

2

THE ORIGINAL GOAL

.....

TAG IT ☐ KEEP ☐ REVISE ☐ START

IF REVISED, THE NEW VERSION

.....

THE NEXT STEP

.....

WHAT SUCCESS LOOKS + FEELS LIKE

.....

.....

3

THE ORIGINAL GOAL

.....

TAG IT ☐ KEEP ☐ REVISE ☐ START

IF REVISED, THE NEW VERSION

.....

THE NEXT STEP

.....

WHAT SUCCESS LOOKS + FEELS LIKE

.....

.....



One Last Question

What do you know about yourself today that January-you didn't?

CLOSE THE LOOP

Three words for the second half of 2026.

Write a brief note to December-you. What do you want to tell yourself?

SIGNED

DATE



Before You Go

And that's a wrap! You just gave yourself a few hours of honest reflection, which is more than most people manage in a year. I hope you walk away from this feeling lighter and more focused for the rest of the year :)

BRING YOUR FLOWER TO LIFE

Turn your flower into a one-of-a-kind piece of art. Scan the code for a ready-made prompt, then paste your flower into ChatGPT or any image creation AI tool.



flower.reflectionlab.xyz

The Mid-Year Checkpoint is made by **The Reflection Lab**, a newsletter for turning your podcast consumption habit into action.

Get it free here → reflectionlab.xyz

This activity is inspired by my love of the YearCompass. Not affiliated.

