

JULY

1. What's been new in your life since January?
2. What were you doing in July of last year?
3. What are some things you like and dislike about July?
4. What kind of energy have you been carrying and how is it helping you?
5. What are you most grateful for in your life right now?
6. What career goals have you accomplished in the last 6 months?
7. Review your spending from January to June. Are your finances on track?
8. Have you achieved any of the goals you set at the start of the year? Which ones are still a work in progress?
9. What problems have you faced in pursuing your goals and how did you overcome them?
10. List 3 things that you've learned about yourself in the first half of this year.
11. Review your schedule and appointments over the past 6 months. Are they aligned with your true priorities? If not, what needs to change?
12. What accomplishments have you made in the first half of the year and how do they make you feel?
13. Revisit the goals you made at the start of the year. How do you feel about them now? Are they still relevant, why or why not?
14. If you could change one thing about the first half of this year, what would it be?
15. What setbacks or failures have you experienced?
16. How did you feel at the start of this year and how has your feeling changed over the past 6 months?
17. Have your priorities shifted since the start of the year? Why?
18. What are you still holding onto from last year that you haven't been able to release? What steps can you take to release it and how will this change your next 6 months?
19. What tasks do you keep postponing despite knowing they need to be done?
20. What self-care activities have you been doing in the past 6 months?
21. Describe any unexpected opportunities or blessings that you've experienced in the past six months.
22. What's been occupying your mind or heart the most over the past 6 months?
23. Describe the new connections that you've made since January.
24. List your top 3 happiest moments.
25. What did you spend time doing most in the past 6 months?
26. What are your hopes and aspirations for the next 6 months?
27. What positive impact have you made on your community or others in the past half-year?
28. What new habits did you pick up at the start of this year? How are they serving you?
29. What are you most looking forward to doing in the second half of the year? Why?
30. What special memories would you like to create in the latter half of this year? Why?
31. What steps can you take to maximise the rest of this year?