



Mid-Year Journaling *Ideas*

..... Ordinary & *Happy*

REFLECTING

- Things that surprised you the most about this year so far. ☐
- What you're most proud of having achieved this year. ☐
- A goal you set at the start of the year that you've made progress on. ☐
- A goal you set that you haven't made progress on and whether you still want to pursue it. ☐
- The person that's had the biggest impact on you this year. ☐
- Ways you've changed so far this year. ☐
- Describe the year you've had so far using one word, and why. ☐
- Things that have felt easy and things that have felt difficult this year. ☐
- The happiest memory you've made this year. ☐
- Three things you appreciate the most about this year. ☐
- Challenges you're proud you overcame. ☐
- Small wins from this year. ☐
- Big wins from this year. ☐
- A mistake you made and the lessons you learned. ☐
- How you generally feel about the year so far. ☐

LOOKING AHEAD

- How you want the second half of the year to feel. ☐
- Three priorities to focus on for the rest of the year. ☐
- People you want to catch up with. ☐
- Memories you want to make. ☐
- One word you'd want to describe the rest of the year, and why. ☐
- One habit you want to build (or break). ☐
- If the rest of the year went exactly as hoped, what that would look like. ☐
- Experiences to have before the year ends. ☐
- Things you want to make more time for. ☐
- Little things you could do to improve your life. ☐
- Three things you want to try for the first time. ☐
- A tradition you want to start (or keep). ☐
- Micro-adventures you could have during the rest of the year. ☐
- The number one thing you want to have achieved by the end of the year. ☐
- Write a letter to your future self (to open on December 31st). ☐