

# mid year review

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Hello and happy summer!

I hope that you are enjoying some sunshine and the whirl of activity that summer often brings. Today's seasonal journaling prompts are an invitation to reflect and dream.

To reflect on the first six months of 2019 and to dream of what could be possible for the second half of this year.

In order to cultivate a sense of openness and inspiration, I recommend putting on some music, having a favorite journal and pen handy, and settling down your physical body by taking three deep breaths.

Allow your body to catch up with your brain.

And then begin.

with love,

Lauren

# Where have you been?

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What have you learned so far this year?

What are the memories that stand out the most to you?

Who have been your confidantes? Your allies?

What circumstances have challenged you?

What are you most proud of this year?

Where have you traveled?

What have you read? Listened to? Watched?

In what ways has this year surprised you?

Who are you now?

# Where are you going?

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Who do you dream of being? Describe this person in full detail.

What would you MOST like to accomplish between now and December 31, 2019?

What aspects of yourself will be most necessary to cultivate in order to achieve the above?

If you could wave a magic wand and create any experience for yourself in the latter half of 2019 what would it be?

Write down your unique attributes and qualities. See if you can get to 25. Or 50!

Share your dreams with a safe person. You've got this!