

Mid-Year Goal Progress Check-Up

June, as we reach halfway through the year, it's a great time to take a moment and step back to look at the progress we have made on the goals and outcomes we set for ourselves way back in January.

So, take a little time, sit quietly with a pen and review the last 6 months using the questions in this progress review.

Section 1: Mid-Year Check-In

1. What progress have I made on my top 3 goals this year?

- Goal 1: _____
 - Wins: _____
 - Challenges or setbacks: _____
 - Goal 2: _____
 - Wins: _____
 - Challenges or setbacks: _____
 - Goal 3: _____
 - Wins: _____
 - Challenges or setbacks: _____
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Section 2: WHAT Coaching Method™

Ask yourself:

- **What** was I aiming to achieve at the start of the year?
 - _____
 - **How** did I plan to get there – what actions, habits, or routines?
 - _____
 - **And** what actually happened? (What worked / what didn't?)
 - _____
 - **Today**, what's my next small step to move closer to that goal?
 - _____
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Section 3: APROCESS Outcome Model

Reflect on one key goal using these prompts:

- **Aim:** What's the outcome I'm committed to?
 - _____
 - **Payoff:** What will achieving this do for me (benefits, feelings, values)?
 - _____
 - **Resource:** What strengths, people, skills or tools do I have now?
 - _____
 - **Own:** How much responsibility am I taking—what's in *my* control?
 - _____
 - **Consequence:** What happens if I don't take action?
 - _____
 - **Evidence:** What will let me know I'm on track or succeeding?
 - _____
 - **Strategies:** What's one or two practical steps I commit to next?
 - _____
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Section 4: "Who Are You?" Identity Reflection

Based on UKCPD's introspective prompts:

- Who am I becoming as a result of my journey so far?
 - _____
- What new strengths, insights or beliefs have I developed?
 - _____
- Which limiting belief is still holding me back—and what's my reframed belief?
 - Old belief: _____
 - New empowering belief: _____
- How might I show up differently in the next 6 months?
 - _____

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Section 5: Gratitude & Learning

- Name **three things** I'm grateful for from the past six months:
 1. _____
 2. _____
 3. _____
- What's **one big lesson** I want to carry forward into the rest of the year?
 - _____

Section 6: Your June Commitment

- What is the *one action* I'm committing to right now to step forward?
 - _____
- By *when* will I take this action?
 - _____
- Who will *hold me accountable* and check in with me?
 - _____

Additional Resources

Join the [Be Inspired Group](#) – Free Membership Group with regular personal development content including, Daily Motivation, Weekly Coaching Video and a Monthly LIVE events.

[UKCPD-TV](#) – A free to access growing selection of videos on all things Personal Development, including, Coaching, NLP, Leadership, Philosophy of Success, Successful Goal Setting and Guest Interviews.

[Short Personal Development Courses](#)

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