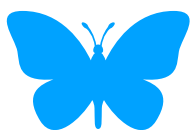




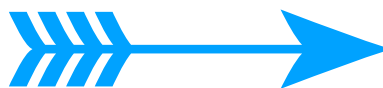
# Quarterly Check-In



Don't wait until the end of the year to review and reflect. Treat each quarter like a mini-year and you'll have a much more **fun, full and focused** year.

Check in to see where you're at after this first quarter of the year. Celebrate your achievements, identify what's working well and what needs attention. Check the different areas of your life and decide what you'd like to focus on during this next quarter.

Journal Prompts



- What have I achieved these last 90 days?
- What have been the happiest moments of these last 90 days? What was I doing? (hint: do more of this stuff next quarter!)
- What am I happy about right now?
- Am I living in alignment with my vision for this year? For my future? Does my existing vision still inspire me or do I need to upgrade my vision?
- What would I love to achieve or create in the next 90 days?
- What specific goal or project do I want to focus on?
- What new mindset do I want to develop?
- What beliefs, attitudes or habits are no longer serving me or holding me back?

- Rate yourself out of 10 in these five key life areas:

Physical Health  
Spiritual and personal growth  
Social and fun  
Friends and family  
Career, money and finances

Is there an area that needs more attention, or that I'd like to focus on in the next 90 days?

- Am I embracing change or resisting it?
- How can I open to new possibilities?
  
- Do have a good team of people around me?
- How can I surround myself with great people?
- Who is my mentor? Who am learning from?

- How would I summarise the last 90 days in three words?

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What three words best capture the energy I'd like to manifest and carry through into the next 90 days?

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Pick one of these words that resonates most strongly right now to be your anchor word for the next 90 days. e.g. If you want to experience life from a more easeful place use the word easeful or easy. Keep repeating it to yourself in different ways and throughout the day. You'll embed it into your subconscious and start living it ...ease-fully!