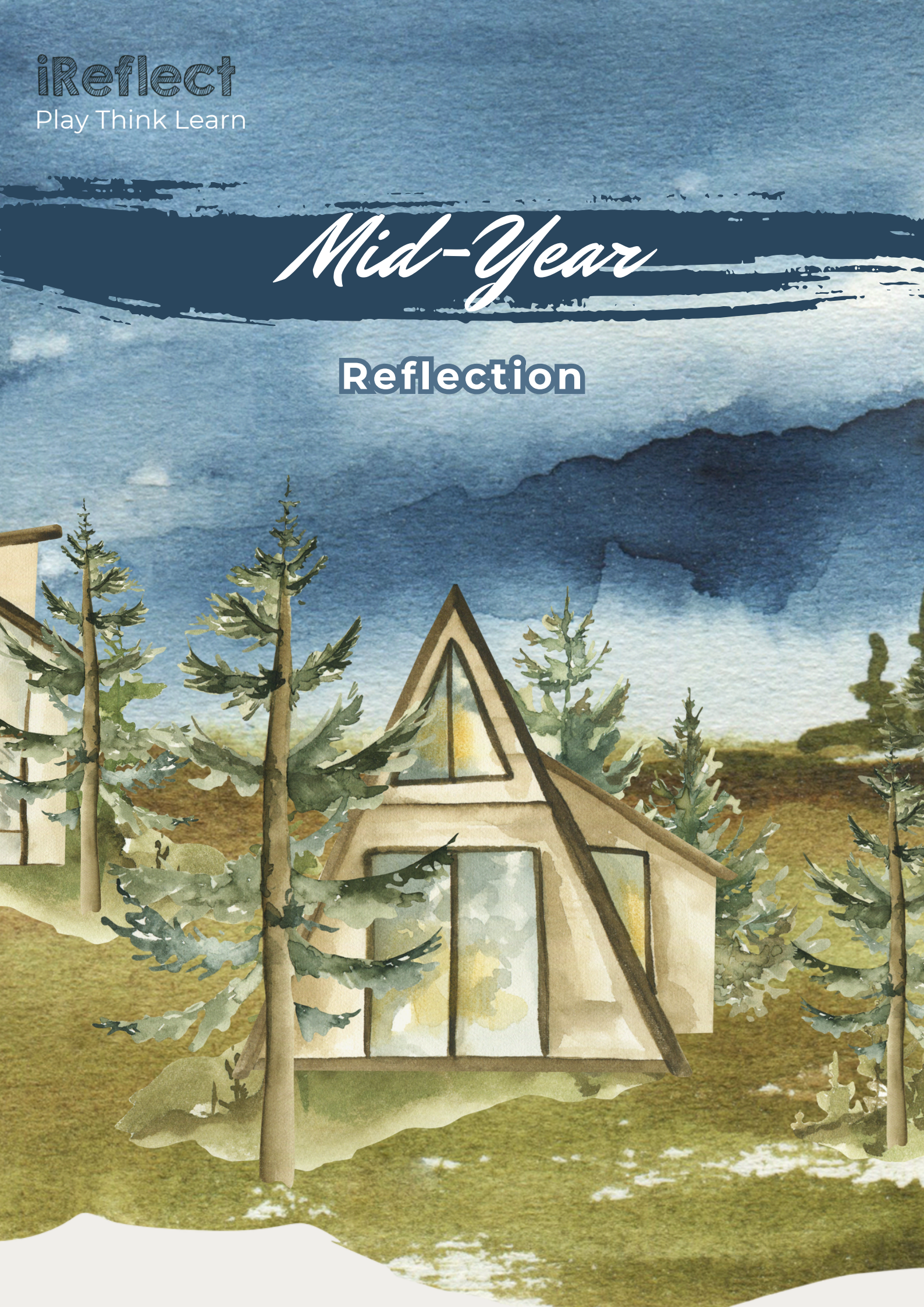
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Play Think Learn

Mid-Year

Reflection



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As you work through this mid-year self-reflection journal, you'll find the pages designed to be practical and visually inspiring. Not only will you have access to 30 thought-provoking questions at the back to use as prompts, but each note page also features nature-inspired imagery to help spark your introspection; these images are intended to ground you in the present moment and open your mind to new perspectives.

As you write and reflect, allow these visuals to transport you, activating your senses and inviting you to connect more deeply with your experiences, emotions, and inner landscape.

Feel free to use the questions as a roadmap, jumping from one to the next as you see fit. Or, let the images guide you, using them as meditation points or creative jumping-off points for your journaling. There's no "right" way to approach this process - the key is to follow your intuition and allow your self-reflection to unfold organically.

Embrace this journal as a place of refuge, exploration, and growth. Allow it to be a container for your triumphs, challenges, insights, and ambitions. May the combination of thoughtful questions and nature-inspired visuals empower you to gain clarity, cultivate self-awareness, and map out an inspired path for the year's second half.

I wish you all the best as you embark on this mid-year reflection. May the second half of 2024 be filled with continued growth, fulfillment, and forward momentum.

Love,

Sameera Baba





Goal setting worksheet

My name:	Date:

My goal for this year & next six months

Why I want to achieve this

Problems that may appear	Possible solutions

What will I do to achieve my goals?	How will I monitor my process?

Tasks that will lead to my goal

Date	Tasks	✓



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RATE YOUR THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10
WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10

NOT VERY EXTREMELY

ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10

NOT VERY EXTREMELY

FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10

NOT VERY EXTREMELY

DECISION MAKING

1	2	3	4	5	6	7	8	9	10

NOT VERY EXTREMELY

ABILITY TO STICK TO GOALS

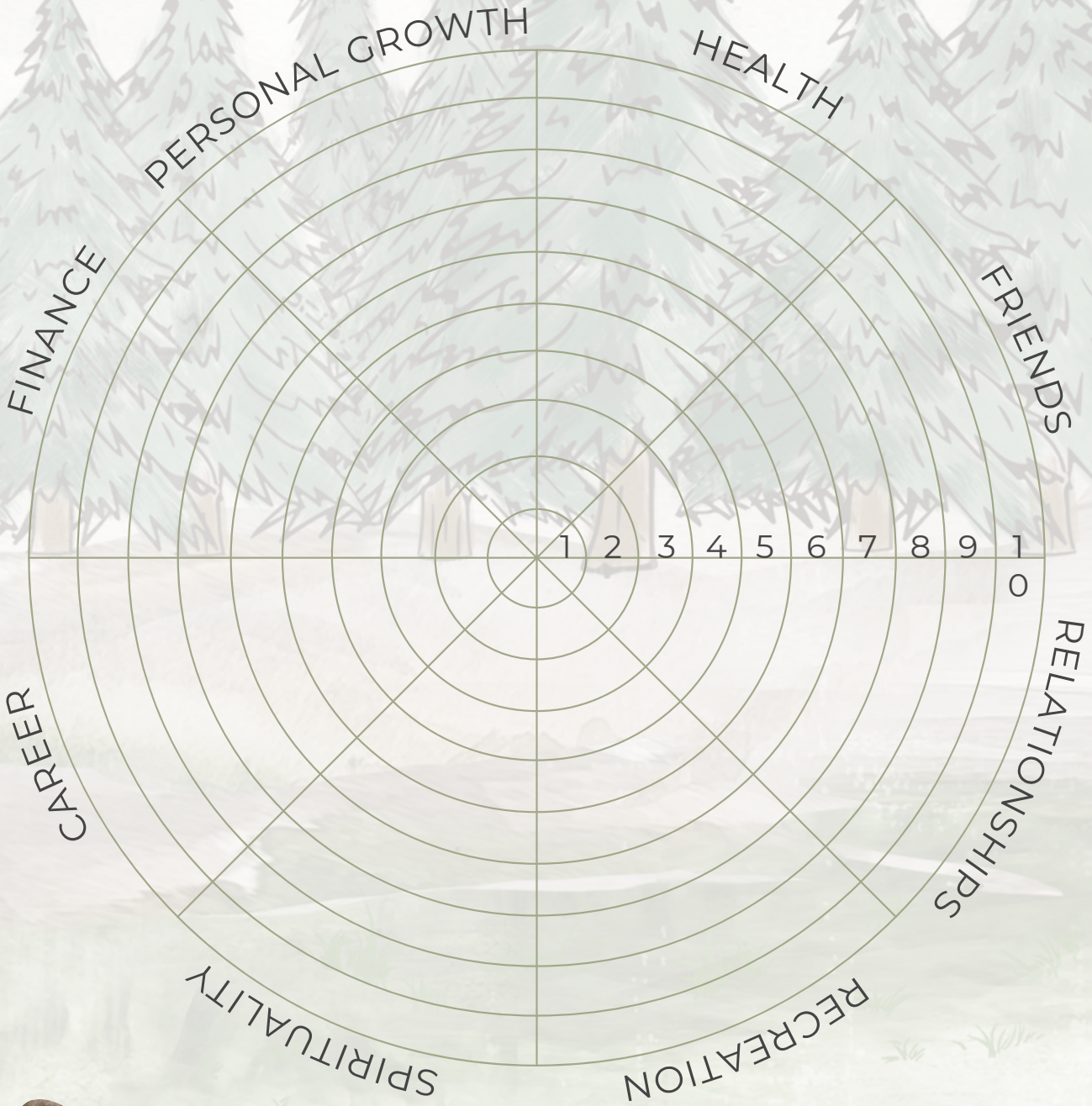
1	2	3	4	5	6	7	8	9	10

NOT VERY EXTREMELY

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WHEEL OF LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.





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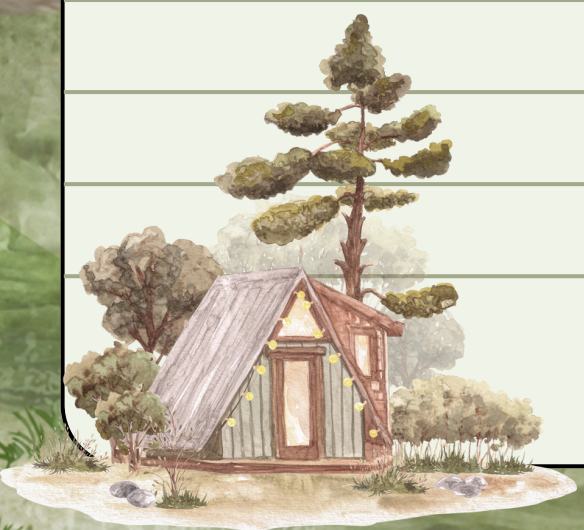


SELF-CARE CHECKLIST

Self-care isn't an act but a loving commitment to oneself.
How did you cherish yourself this week?

- [ ] Take a long bath
- [ ] Read for pleasure
- [ ] Go for a long walk
- [ ] Practice mindful meditation
- [ ] Journal your thoughts
- [ ] Try gentle yoga
- [ ] Cook a nourishing meal
- [ ] Visit a museum or gallery
- [ ] Gardening
- [ ] Paint or draw
- [ ] Engage in a hobby
- [ ] Listen to your favorite music
- [ ] Spend time with a loved one
- [ ] Watch a light-hearted movie
- [ ] Pamper yourself
- [ ] Take a short nap
- [ ] Go for a swim
- [ ] Practice gratitude
- [ ] Attend a workshop or class
- [ ] Explore a new place

Notes



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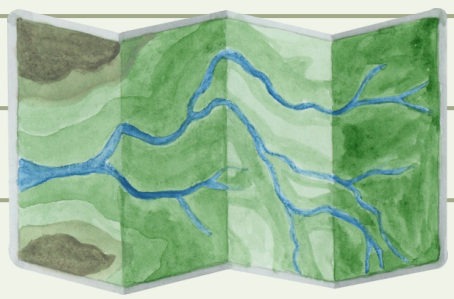
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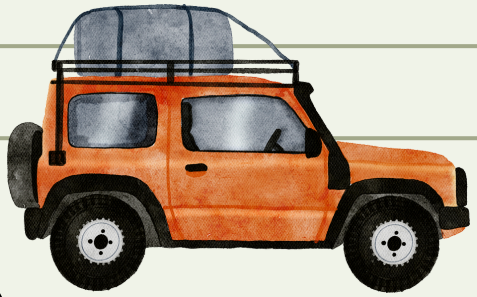
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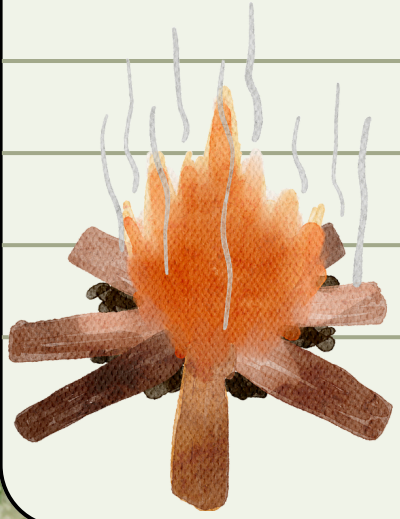
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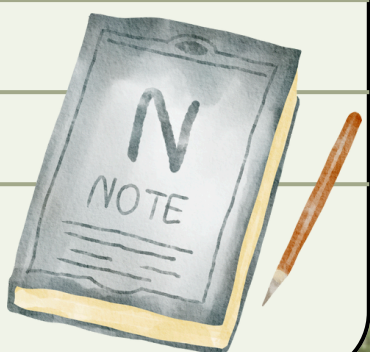
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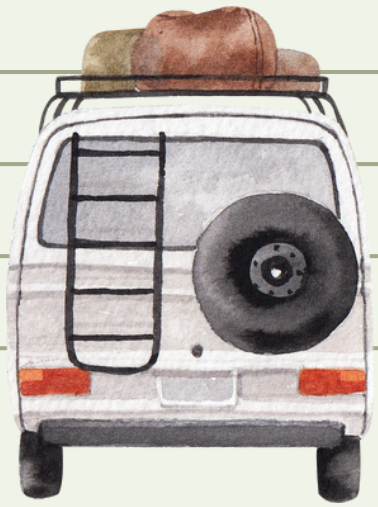
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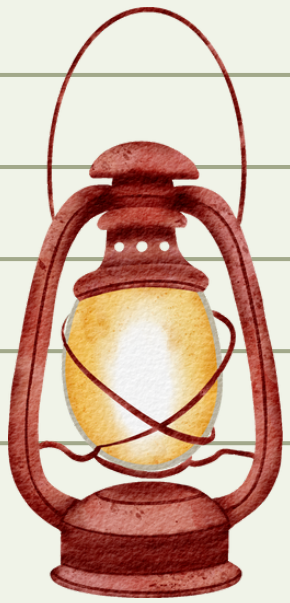
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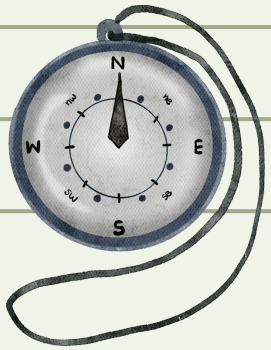
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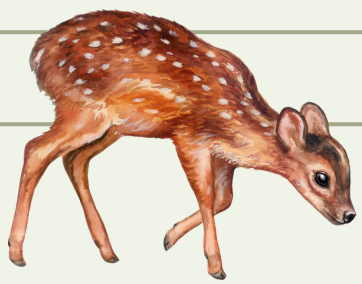
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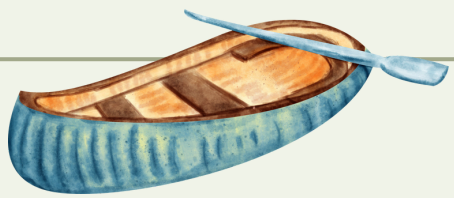
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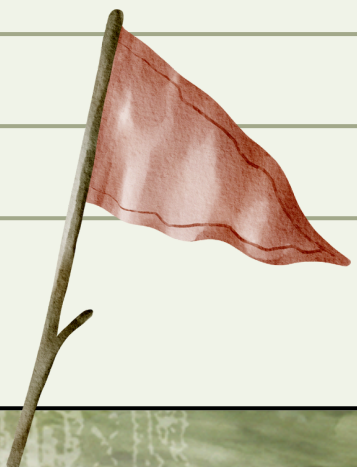


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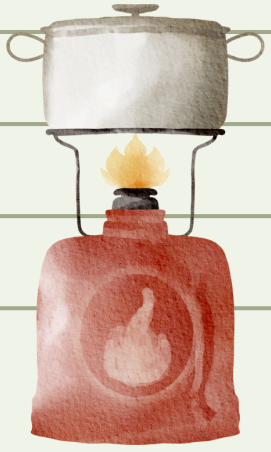
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Reflective Questions

- What are your biggest accomplishments so far this year? How do they compare to your goals and expectations?
- What new skills or knowledge have you gained in the first half of the year? How have you applied them?
- Where have you experienced the most personal growth this year? What contributed to that growth?
- What have been the biggest challenges you've faced so far in 2024? How did you navigate them?
- In what ways have you prioritized your well-being and self-care this year? What has worked well, and what could you improve?
- How well have you been balancing work/school, relationships, and other commitments? Where do you need to adjust?
- What are you most proud of yourself for so far this year? Why is that accomplishment meaningful to you?
- When have you felt most energized, motivated, and engaged this year? What were the contributing factors?
- Where have you struggled with feeling ungrounded or disconnected from your values and purpose? How can you re-center?
- What relationships have you invested in and nurtured this year? How have they supported your growth and well-being?
- In what ways have you stepped outside your comfort zone? How did that impact your personal development?
- What habits or routines have you established this year that support your overall health and happiness?
- Where have you experienced setbacks or failures this year? What did you learn, and how did you bounce back?
- How have you practiced self-compassion when facing challenges or shortcomings this year?
- What are you most grateful for in the first half of 2024? How can you cultivate more gratitude moving forward?

Reflective Questions

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- How aligned have your actions been with your values and long-term goals this year? Where is there a disconnect?
- What has brought you the most joy and fulfillment so far this year? How can you create more of that?
- Where have you experienced growth in your self-awareness and emotional intelligence this year?
- What new perspectives or mindsets have you adopted that positively impacted your life?
- In what ways have you advocated for your needs and boundaries this year? How can you continue to do so?
- How have you incorporated rest, relaxation, and play into your life this year? What more do you need?
- Where have you shown up as your most authentic self this year? How can you cultivate more of that?
- What areas of your life or self do you feel neglected in 2024? How can you re-focus on those?
- How have you expanded your horizons through new experiences, ideas, or connections this year?
- Where have you demonstrated resilience and perseverance in the face of challenges?
- What are you most excited about or looking forward to in the year's second half?
- How have you aligned your daily actions with your long-term vision and goals?
- In what ways have you invested in your personal and professional development this year?
- Where have you felt most grounded, centered, and in touch with your purpose this year?
- What is one thing you wish you had done differently so far in 2024? How can you apply that lesson moving forward?



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