

# Week 26 Focus – Mid-point Check In

**Focus Question: What have you achieved so far this year?**

## DESCRIPTION

Wow! Here we are in week 26, mid-point of the 52 weeks, and of the year.

This week you are encouraged to block off time to take stock of your achievements. First, review your annual plan. You may want to include some information around these questions:

- What have you achieved so far?
- What new items do you want to add?
- What can you check off your list?
- What have been key lessons since the start of the year (or the 52 weeks)?
- What's different about you/your business?
- What's really important for you to focus on in this last half of the year?
- By the end of the 52 weeks, I want to be sure I....

## RESEARCH/STORY

Creating intentional pause points is an important part of any coaching and learning process. Being able to stop and reflect is also critical for business success.

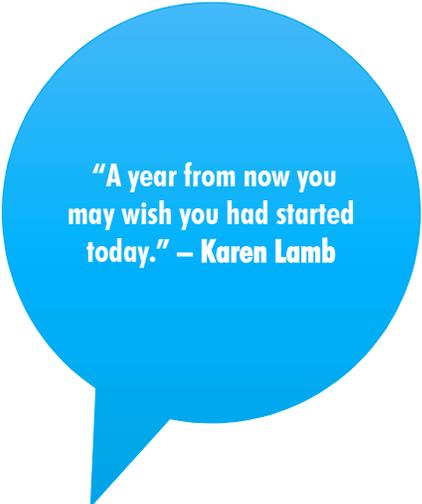
While we can keep on doing, are we doing the right things which have impact? What is working and what is not?

This is the premise of the Virtual Retreats I host throughout the year in the PlanDoTrack series, as well as the month end reflection and monthly planning hacks.

## ACTIVITY

Use this as a time to focus in on what you have achieved in the first half of the year. Questions you might want to reflect on are:

1. What's important about achieving or completing this goal? (Coaching Note: As we know as coaches, it can be useful to reconnect with the 30,000-foot view and WHY the issues are important. As you step back - or step up - to look at the big picture, what new energy and ideas are generated?)
2. What is the quickest way to achieve it? What's another way? And another way? (Coaching note: As we often see, generating alternative solutions can be invaluable and spur us on to more complete solutions.)
3. What shiny, red objects have shown up? Which are causing a distraction? (Coaching note: Distractions take our eyes of what's important)
4. What's most important to you in your business right now?
5. Who can provide the support and resources you need to be successful?
6. What do you need to say NO to in order to focus on your goal?
7. When did you last pause to take stock (and TRACK) where things were at? What regular pause points do you want to create?



**"A year from now you may wish you had started today." – Karen Lamb**

8. What's going to create some momentum for you?

9. What are you doing to note, and celebrate, milestones (and learning) along the way?

These were questions I included in September 2018: <https://www.coachingbusinessbuilder.com/blog/less-than-100-days-to-go-in-2018-what-do-you-want-to-focus-on>. Check out the blog posts for more infoamtion

### CONNECTION TO THE WORKBOOK AND PLANNER

Take time to do a mid-year check in.... You will want to use the Quarterly Planning Tools – the To-Do List and Review Section, as well as laying out key tasks and activities across the weekly section.

A reminder that you can also review the Clean Sweep Document on a weekly basis. Check out this blog post for more information and download links: <https://www.coachingbusinessbuilder.com/blog/clean-sweep-for-spring-coaching-business-download>