

# The Mid-Year Honest Check-In

*Four questions to meet yourself where you actually are.*

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- 1** Six months into this year, name one thing you have been carrying that you have not said out loud yet.

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- 2** Where do you keep arriving at the same wall? Describe the moment it usually starts.

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- 3** Find the proof. What is one sign, however small, that you have moved even an inch from where you stood in January?

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- 4** If the rest of this year asked one honest step of you, what would it be, and what is the smallest version you could take this week?

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Want to go deeper? The full June feature, **Six Months In: The Mid-Year Honest Check-In**, is waiting for you inside the Thriving Circle.