



CHECK UP FROM THE NECK UP

Midyear is a great time to touch base with the goals you set in January. Depending on the magnitude of your goals, you may want to check in once a quarter or even monthly. No matter your choice, take a few steps to ensure you stay on track and finish the year strong.

To do this, you need to Review, Examine, Assess and Design (R.E.A.D.) your goals.



1. REVIEW

Take stock of the goals you initially set.

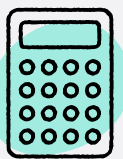
- *What were your goals at the beginning of the year?*
- *What were your motivations for these goals?*



2. EXAMINE

Determine if your original goals fit your current lifestyle.

- *What is your current career or life path?*
- *How do the goals you set earlier in the year fit into that path?*



3. ASSESS

Compare your current status to where you were at the beginning of the year.

- *What are your current earnings? What is the status of your life right now?*
- *Where you are now relative to your goal?*



4. DESIGN

Create your plan for the second half of the year.

- *List steps to take to reach your end goal in your timeframe.*
- *Stick with this plan, check in regularly.*

Need help checking in and designing your plan? Get a Coach! Buffini & Company One2One Coaching provides you with valuable accountability and guidance to build a strong business and achieve the goals you've had on hold for years. Get started with a business consultation today!

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