

SUGGESTIONS FOR MID-YEAR REFLECTION AND PLANNING

July 2026

Towards achieving your Best Year Ever in 2026, may we suggest you invest time/energy to consider the following questions, based upon your current perspective and experiences.

We particularly recommend you schedule and invest at least one uninterrupted hour for this exercise and that you do it in writing. We would be happy to discuss your results with you, if you think we can help. This written exercise is designed to make your time, your life and your mission count even more, now and forever into your future.

A QUICK DEBRIEF AND SUMMARY OF YOUR PROFESSIONAL WORK TO DATE FOR 2026:

- How is it going? What have you been able to accomplish and fulfill?
- What is working? What is not working? What could now work?
- What are you learning? What new wisdom have you gained?
- Which of your skills do you believe require more focus?

GOALS/PLANS FOR BALANCE OF 2026, AS NEXT STEPS FOR YOUR LONG-TERM FUTURE:

- What are they exactly? In what order?
- Why are you so motivated to accomplish them?
- Do you consider them truly doable?
- What major challenges do you expect to encounter?
- How will you handle those challenges, if they occur?
- What do you think is most important for you to learn at this point in time?
- From whom and/or where can you learn this most effectively?
- How do you intend to think/act differently that will allow for your accomplishments?
- With whom might it be helpful to partner in order to accomplish your goals?

We congratulate you in advance for investing your time. This exercise is intended to serve your sense of fulfillment and the accomplishment of your goals for 2026 & beyond.

If you have any questions or suggestions or would like further guidelines, please feel free to contact me at 480-580-7863 or don@donsardella.com. Thank you.