



**Allowing You to Enjoy Life
While Growing Your Practice**

Your Half Time

In a sporting event, players are given a break at the half to refresh but also to take stock of what happened in the first half and to set a strategy for the second half. So when is your half time? When do you take time to regroup, note what has happened and plan for what's going to happen? Have you met your goals in the first half? It doesn't have to be the first half of your career or even the year; it can be the first half of any activity or project you are involved with.

So take a moment to review your goals in the last six months. What have you accomplished, what not and where are you on your roadmap to success?

Also, what goals did you have six months ago but that you have not embarked on?

Unless you stop to reflect on it, how can you get somewhere with these goals?

If you reflect on them you may come to the conclusion they are not that important to you, and therefore you may want to decide to drop them. Or you may come to the conclusion that they are too complicated and too hard to get. In that case, you can break them down into smaller goals, which will make starting working on them a lot more likely.

Remember, the best way to achieve your future goals is to evaluate where you are now, either personally or at work, and the best way to be is awake and aware. So make a commitment to take a pause from your activities regularly, not just at the end or the middle of the year or when someone else brings it up, but regularly. Take a pause once a week to reflect on what has happened and what you want to see happening and you will see how everything around you comes to life. Try it for a few weeks; you will never want to stop!