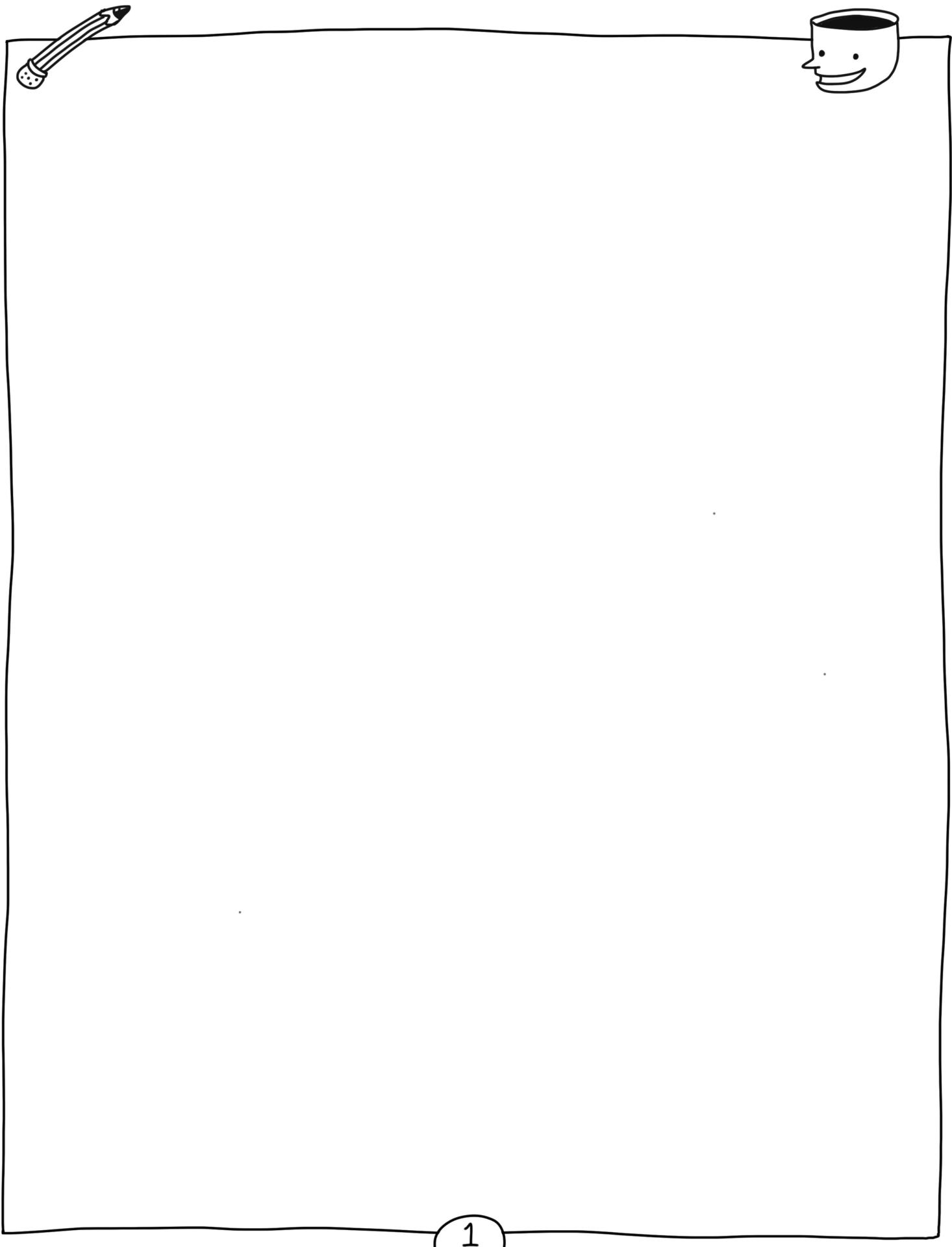


THE HALF YEAR RESET

A JOURNALLING EXERCISE
DESIGNED TO GET YOUR
LIFE BACK ON TRACK
by STRUTHLESS

Step 1: Empty your head

Write out every single thought in your head in whatever style you like. The idea is that by emptying your head onto the page, you can use it to solve problems as opposed to store them.



Step 1: Empty your head (continued)

Keep going. It may feel unnatural, but the fewer thoughts you have vying for your time, the more powerful the rest of the exercise will be.

Step 1: Empty your head (continued)

Push yourself. If you feel like this exercise isn't working, write that down. The aim here is to take your thoughts from the intangible to the tangible. This reduces the power they have over you.

Step 2: Write down your goals from 6 months ago

If you didn't set any goals just write down what you thought you wanted
(Also note that '6 months' can be replaced by any time period)

Step 3: Write down what you actually did over the past 6 months

For the easiest assessment, try pair the ones that are related along the same row

What I wanted to happen	What actually happened

Step 4: Assess why you hit some goals and missed others

Goals I Missed	Why I Missed Them	

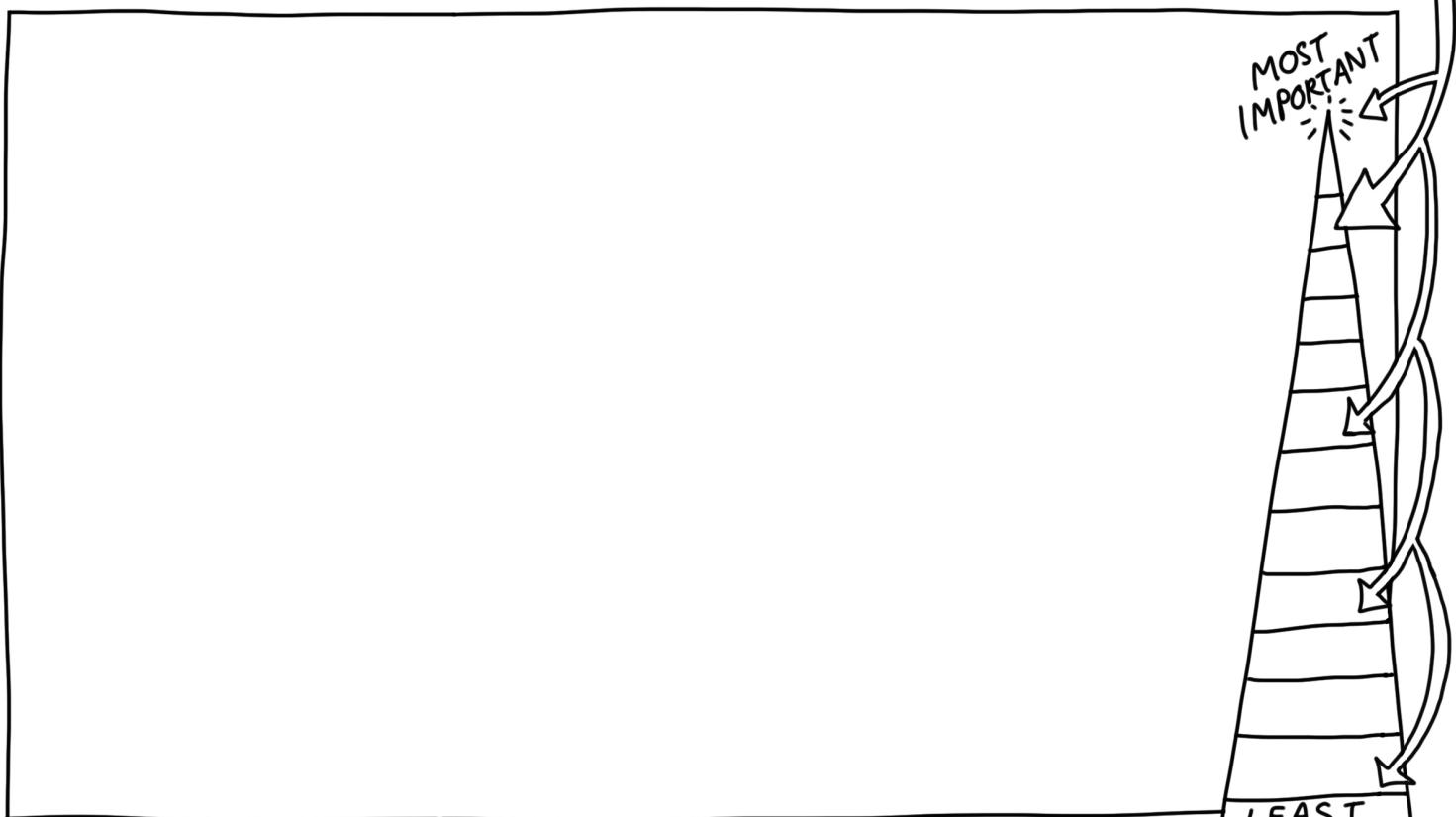
Goals I Hit	Why I Hit Them	

Step 5: Write down your ideal second half of the year and the reason you want it (aka: your goals & their 'why')

Dream big. Think: ideal scenario. Focus on things you can control and pair them with a compelling reason as to why you want them in your life.

Step 6: Order your goals in terms of importance

Take the above section, turn it into actionable goals, and then order those goals in a hierarchy. Consider this insurance, for when your time inevitably gets hijacked, that you know that you're working on the thing you've decided is most important



Step 7: Who would you have to be to complete these?

What would you have to believe about yourself? What would you need to do more of? What would you need to do less of? This is about the identity you want for yourself. Start with unstructured journalling, then summarise it in a single compelling sentence.

In a sentence, I will need to be:

Step 8: Create a system where you can realistically hit your goals over the next 6 months

James Clear said "you do not rise to the level of your goals. You fall to the level of your systems." So make a good system. For this question, think about the routines and habits you'd like to adopt, and plan for average and challenging days, not perfect days.

Step 9: How will you stick to the plan when things get tough?

Life will get in the way, so it makes sense to prepare for it. What systems, rewards, and tactics will you use to keep you on track?

Step 10: Why do you deserve this improvement?

This section is about self worth. Push past your brain's tendency to self defeat and fill this box with reasons, because they definitely exist.

Step 11: Take action right now

Whatever action you can take toward your most important goals, take it right now.

The idea is that we are creating inertia from this journaling exercise into our lives.

Good luck. You've got this.