



seed and soil  
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# Summer Check In: Vision, Values + Goals



With warmth,

Eliza 

# Vision Exercise

*Let your imagination take you to the end of the year. Allow yourself to relax into the very real possibility that you are fulfilled by and proud of exactly where you are as you close 2024.*

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- How do you want to be feeling as you close out 2024?
- How do you want to be spending your time that is most fulfilling as you end your year?
- What accomplishments do you want to be celebrating as you look back on the year?
- What do you want to be relieved to have overcome?



# Vision Cont'd

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- Now that you're at the end of 2024, what can you see is the truest definition of success?
- What did you choose, change or do over the summer months that shaped the success you experienced in the back half of the year?
- What are you most grateful for as you close out this year?
- What do you want to be looking forward to in 2025?
- What else do you see from this space?



# Surfacing the Values

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Review what surfaced in your vision exercise. Circle pieces of the vision that are most important to you.

If you had to summarize this vision in three words, what is it really about?

What values are calling for your attention from inside this vision?

Write down the top 1-3 values that are asking to guide you through the back half of this year.



# Honoring the Values

*Write your mid-year values guiding your fulfillment and success for the rest of 2024.*

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What have you accomplished in the first half of 2024 that is time to celebrate?

What are you already doing that honors these values?

What are you doing that undermines or detracts from these values? What can you stop doing or do less of here?

What is it time to start doing that will honor these values in the most meaningful way?

What goal(s) are calling you to action?



# Write it Down

The values guiding me  
through the second half of  
2024:

The goal(s) I will prioritize  
in honor of these values:



# Dig Deeper!

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