

Midpoint Check-In (The Muddled Middle)

Mental Health Mastermind

Notes

The half-way point is a great time to check in on your goals, what you've learned, how they feel, and the challenges you've faced. Take time to reconnect with your vision for this goal when it's fulfilled, including how you will feel and what it will make possible for you. But remember, how you feel along the way is equally important. When needed, restate your goals using the SMART acronym (specific, measurable, actionable, reasonable/maybe a little risky, timely) and problem-solve using the GROW method (goal, reality, options, way forward).

The Muddled Middle

The midpoint can be a difficult time to sustain positive new beliefs or maintain motivation. This can happen for many reasons. Burnout, regression back to known habits, obstacles, loss of interest in a goal, lack of clarity, or difficulty recognizing progress are just a few reasons for this.

Strategies for Navigating the Muddled Middle

Arriving in the Here and Now. Take the time to arrive in the here and now. Even though goals and priorities shift as you move through life, it can be hard to recognize let alone honor those changes. It's also common for us to hold on to a fixed image of who we are or who we're supposed to be. Practice arriving in the here and now to allow the different parts of you time to catch up to all your growth. This can be done through periodic moments of stillness or reflection or stepping back from your goal for short periods of time.

Examples of arriving exercises:

- Taking 5 minutes before work to notice how you're feeling and what your goals are for the day.
- Taking 5 minutes at the end of the day to acknowledge and release the pressures from the day.
- Keeping a small journal to record new insights about your goal.
- Asking periodically what you know today that you didn't know when you set this goal.
- Asking who you are as a whole person and how this goal supports you. Remember, not everything in your life is about this one goal.

Intention Check. Almost any action can be supportive or self-sabotaging depending on the intentions behind it. When your intentions are out of alignment with your core values or are rooted in criticism or rejection of yourself, even the most healing practices can be experienced as unhealthy. And if this is true of wellness goals, imagine how this could play out with school or work-related goals. The half-way point is a great time to ask yourself why you started and why you're continuing with a goal.

Listen: To help hone your intuition, recognize progress, and prevent burnout, you must learn to trust in your observational skills. Make a point of tuning in and listening. If you've noticed a pattern, feeling, reaction, or shift, treat this as useful and valid information.

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Then/Now: A great exercise for catching up to your present-day self is sorting what was then and what is now. You can do this for experiences, challenges, desires, beliefs about yourself, and objective facts about your life.

How I Want to Feel: Many of our goals are motivated by our belief that we will feel a certain way after we've achieved it. We often forget that the way we feel on the way is just as important. If midway through working your goal you're feeling burned out or unmotivated, take a moment to ask how you want to feel in the doing. Does this change your approach?

What's Working: As you check in on your progress, notice what's working for you. What have you enjoyed? Where have you felt successful? And how can you keep it up?

What I Need to Keep Going: The midpoint is also a great time to take an inventory of what you'll need to keep going. This could include anything from support, answers, and resources to a clarification of your action steps.

My Vision: Finally, take time during the midpoint to tune in to your bigger vision for this goal. Picture yourself after having accomplished your goal. Notice how that version of you looks and feels. Notice what is now different and what is now possible.

Work

Arriving Here and Now.

What do you notice about your progress toward your goal today?

Then/Now

Use the space below to compare/contrast what was then, whether that was before this goal was set or the time the goal was set, and what is now. Anything is fair game in this exercise. The idea is to shake yourself loose of any fixed ideas about you and your goal. It's also a great exercise for getting clear and honest with yourself about your intentions and how this goal is working for you.

Then	Now

The Vision:

What is your highest vision for this goal? Who will you be after having achieved this goal? Who do you need to be to achieve it?

Next Steps/What I Need to Keep Going: