

Midyear Integration Tool

Purpose

To pause, notice what you've learned, and gently integrate that learning into how you move forward.

Step 1: Pause & Ground

Before writing, take one slow breath.

Right now, I notice:

- ☐ I feel settled
- ☐ I feel unsure
- ☐ I feel reflective
- ☐ I feel mixed

Step 2: Name the Learning

Complete one or more of the prompts below:

This year has taught me that I...

Something I understand about myself now is...

A pattern I've noticed in myself is...

Step 3: Integrate, Don't Analyze

Circle or complete one:

Because of this learning, I want to **continue**:

Because of this learning, I want to **adjust**:

Because of this learning, I want to **release**:

Step 4: Gentle Forward Marker

As I move into the next season, I'm carrying forward:

Reflection

Growth leaves markers. Integration is noticing them — not rushing past them.