

June: The Year is Turning...

*The days are at their longest now. The light stays later than it has any right to.
And somehow, in all of that brightness... the year is already halfway gone*



June arrives loudly on the East Coast!

The heat is settling in. Lawn mowers are running. Kids are everywhere playing later into the night. Teenagers will not get out of bed before noon (unless it is school day and they have too!) College students are home and suddenly the refrigerator is empty again. Parents are juggling (or getting ready to juggle) summer childcare alongside full work calendars and wondering how December got here so fast... except it is only June.

It is bright. It is full. It is beautiful.
And it is also the month where the year turns.

I have been thinking about a tool I use in my coaching work sometimes called the Wheel of Life. You may have seen or heard of it before. It is usually a circle divided into several areas of life... work, family, friends, health, finances, romantic relationships, personal growth, and a few others. You rate your satisfaction in each area and shade it in. The result is a wheel.

And the question is always...

How does your wheel roll?

Is it full and even?

Is it small?

Is it bumpy?

The wheel tells a different story for everyone...

- Sometimes the wheel is small all the way around... and the invitation is simply to want more for yourself.
- Sometimes it is bumpy... full in some areas and nearly empty in others, and the invitation is to notice where the imbalance is coming from.
- And sometimes it is surprisingly full... and the only thing missing is the presence to actually feel it.
- And occasionally... there is a nail. One area that is leaking air into everything else. Full in almost every direction but quietly losing pressure in a place that matters deeply.

The wheel does not judge. It just shows you where you are.

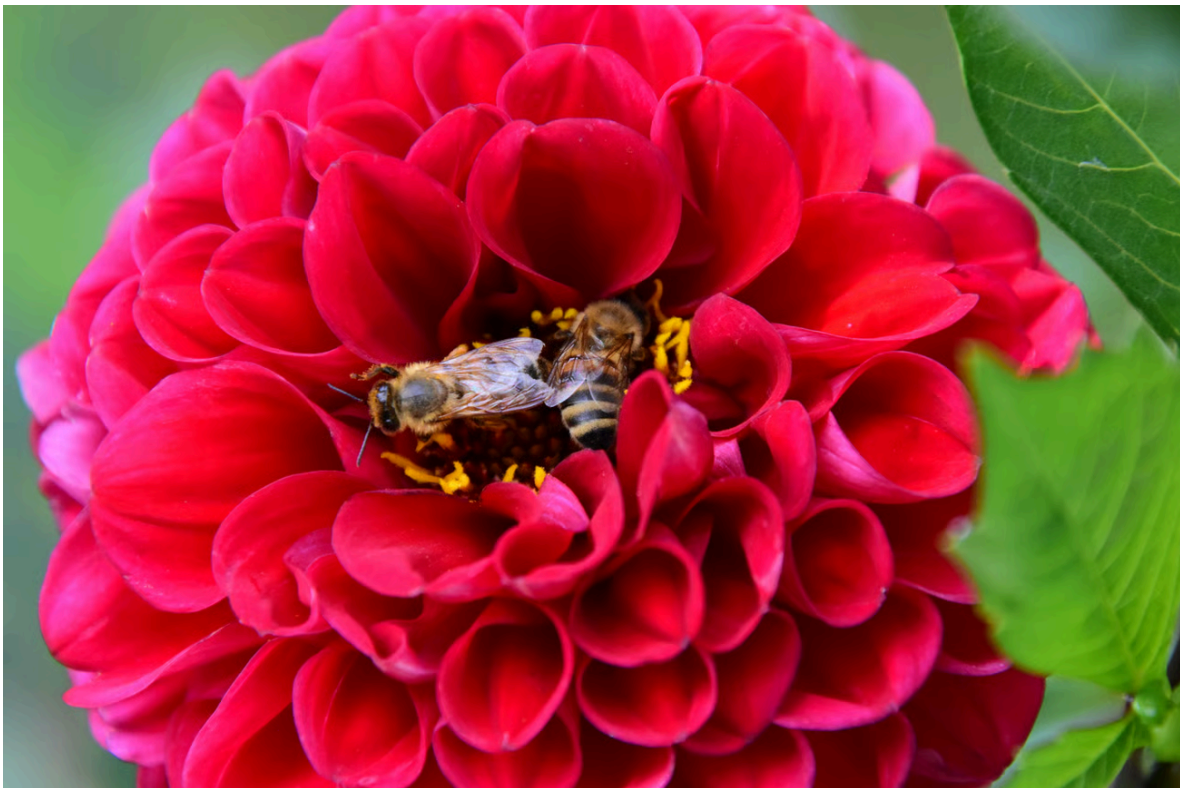
And mid-year is a really honest time to look.

This is what I keep seeing in the leaders I work with right now. There is something on the wheel that is asking for attention. One area quietly pulling focus. Making it harder to feel the fullness of life.

And the question I want to sit with you in this month is this...

Where are you on your wheel right now?

And what would it mean to tend to what you find there before the second half of the year begins?



Here is what I also know from the work I do and the work I am doing myself...

The first half of this year asked something of me.

It asked me to look honestly at my patterns.

To notice where I was showing up on autopilot and where I was actually present.

To test some of my assumptions against reality.

To practice skills that felt uncomfortable and unpracticed.

To start imperfectly and keep going anyway.

And some of it worked.

And some of it did not land the way I had hoped.

And some of it is still unfolding.

That is not failure. That is just what a year actually looks like from the inside.

But June is asking us to pause and take stock.

Not to grade ourselves or to measure how far along we are or compare where we are to where we thought we would be by now.

But to ask honestly...

What is different about me now compared to January?

What patterns have I started to notice that I could not see before?

What has the first half of this year been trying to teach me?

And then... the more important question...

How do I want the second half to feel?

Not what do I want to accomplish.

Not what goals do I want to hit.

How do I want to feel in my leadership, in my relationships, in my own skin as the year moves forward?

Because here is what I keep learning...

The intentions we set matter so much less than the awareness we bring to them. We can set the most beautiful intentions in January and by June find ourselves back in the same patterns, the same loops, the same autopilot responses we were trying to break.

Not because we failed.

But because awareness without practice does not stick.

And practice without self-compassion does not last.

So the invitation of June is not to start over but to use what you have already learned.

To look at your wheel honestly. To name what you find without collapsing into it. To ask what the first half of this year showed you about yourself... and to let that inform how you want to move forward.

With a little more presence, and a little more trust in what you are already becoming.

The second half of 2026 is beginning. Be at choice on how you enter it!



Tend to Your Wheel of Life

Pull out the Wheel of Life or simply sit quietly with a journal and ask...
(If you need a template - email me!)

Where am I most satisfied right now?
Where is something quietly asking for attention?

Just get honest about what is true.
Awareness is always the first move.

Ask the real question.
What do I want to be different about how I show up in my leadership, my relationships, and my own life?
Start there. Let the goals follow from that place.

What I'm Offering This Month

Coaching | Consulting | Leadership Training

If you are a leader, team or someone in a transitional phase of your life that feels you are working hard to keep it together, let's connect and chat!

→ Let's connect [Click Here](#)



Thank you for being here.

Whether you've been following along for a while or this message found its way to you through a friend - I'm grateful you're here.

If this resonated with you and you'd like to receive future insights, tools, and leadership offerings directly → [Click Here](#)

Let's keep growing together!

With Gratitude & Luv,
Kristen



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