

SELF-REFLECTION QUESTIONS

This document is about identifying your major goals for coaching and offers an opportunity for powerful self-reflection.

Goals

What do you want to achieve in life? Identify 2-3 main areas that you want to focus on. Give a simple heading then briefly describe the measurable results you are looking for: How will you know you have achieved it? What will be happening in your life?

1.

2.

3.

Questions for Self-Reflection

How do you view the world and yourself in the world? These questions are designed to help stimulate and clarify your thinking. Have fun with this and enjoy being as creative as you like.

If you could choose one thing to be known for, what would it be?

If time and resources were not a concern, describe the things you long to do.

What have you done, been, or become that are you most proud of?

Considering your achievements, what would you say is your own personal magic formula for success?

Think about one or two people who really inspire you. What about them is inspiring?

Where or when do you get 'stuck'?

When you are 'stuck' what will motivate you back into action?

When do you give your power away and to whom?

What makes you really angry?

What makes you really happy?

Regardless of what other changes you might make, what are you certain you want to keep?

What are you most scared of losing?

What do you want more of/less of in your life?

What two steps could you realistically take now, that would make the biggest difference in your current situation?

1.

2.

What would you like to be different about your life one year from now and five years from now?

1 year

5 years

If you have done any type of values clarification, please list those values here.