



Self-Awareness Coaching Sheet

Please answer the questions as honestly as you can, don't think about the answers too much, just go with what comes to mind. The secondary questions are to stimulate further thought on a given subject, again answer as honestly as you can.

What is my name? (what do other people call me)

How old am I?

(and that feels like, compared to)

Where am I? (in life, at this moment, in thoughts)

Where am I going in life?

(what journey am I on, did I choose it)

What would I rather have?

(now or later given the choice)

How am I going to get "there"?

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(what plan am I using, do I have all the resources)

Do I really want to go “there”?

(what do I see myself doing there)

What will this do for me?

(how will I feel, what will I then do)

What will happen if I don't go?

(given a choice now, feedback from peers etc)

Is this for me or someone else?

What is important to me right at this moment in my life?

(how do I really feel about it)

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And that's important to me because

(would other people know this)

What do I leave behind? (when I leave a room, the office, a project a party)

What will I leave behind? (when I leave this life)

After answering the questions above it may be that after a moment of quite contemplation you will be able to begin to think about your future in an "outcome" frame of mind.

Additional questions that may help;

What do I want from my life?

What do I believe in, really?

What could I do that will make a difference to my life experience and that of those around me?

What will help to make my life happy and fulfilled?

What does the word success mean to me?

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Do I know and feel good about who I am?

What is the first step that I could take to begin realising my outcomes?

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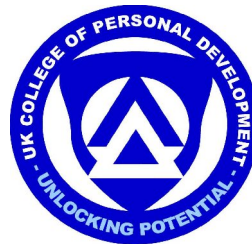
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