



21

Coach Yourself

Questions



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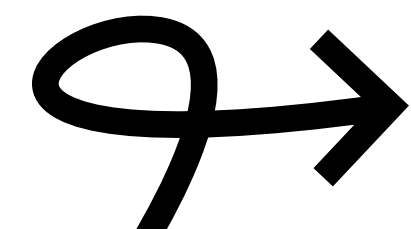
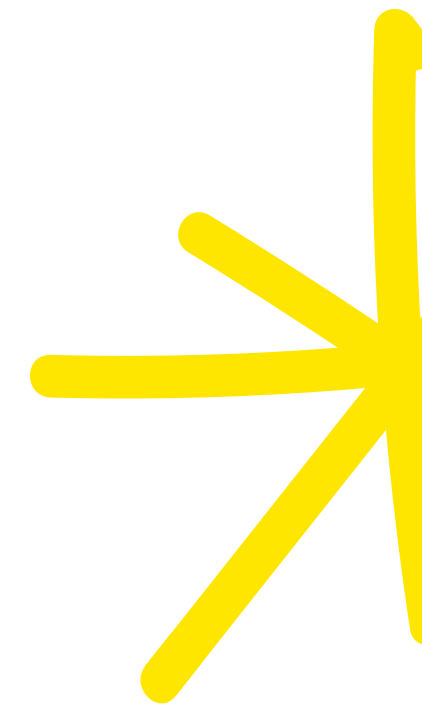
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**Coaching
isn't therapy.
It's product
development
with you as
the product.**

—Fast Company

We define coaching yourself as the skill of asking yourself questions to improve self-awareness and prompt positive action.

Asking ourselves questions isn't always a skill we've had much chance to practise so we hope these 21 coaching questions will help to get you started.



Self-Awareness

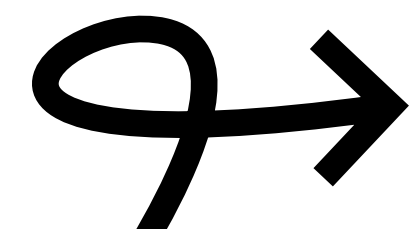
1. **What gives me the most energy** at work?

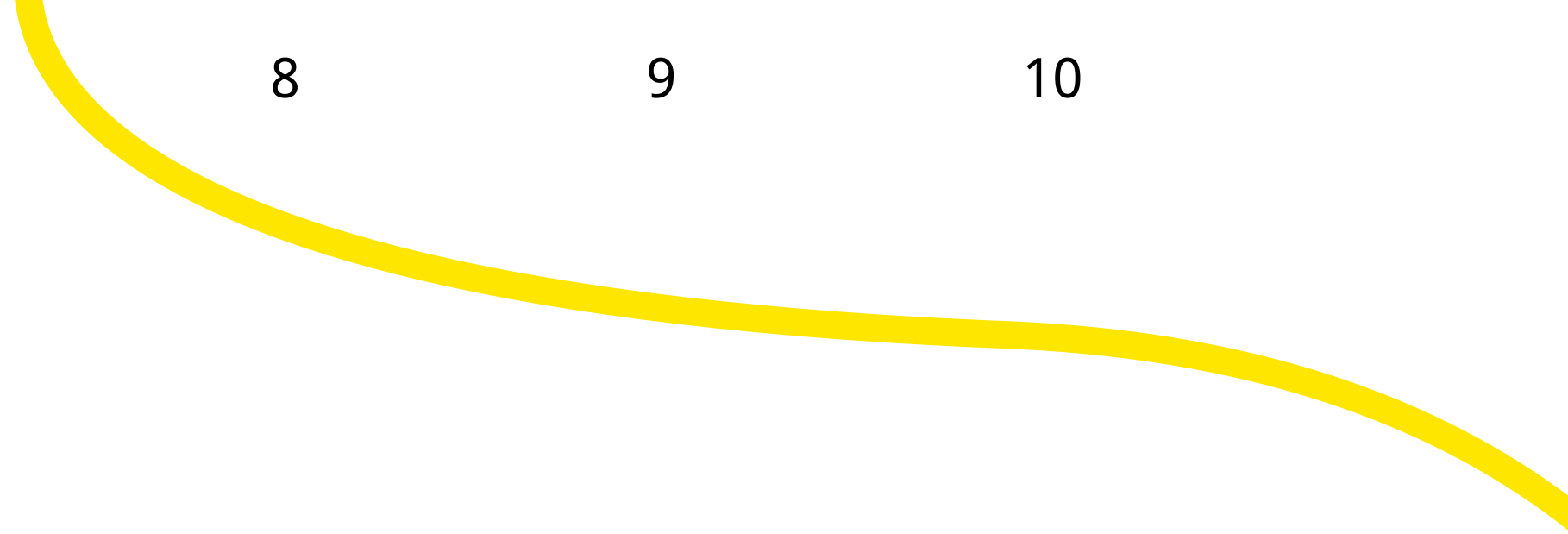
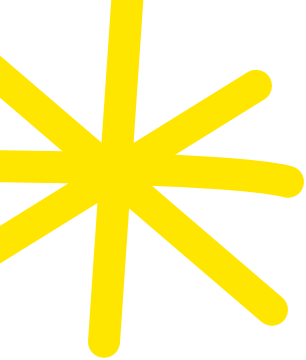


2. **When have I learnt the most** this week?



3. **Who are my feedback friends?** Those people who are on your side, but don't shy away from difficult conversations.





Resilience

4. **What has helped me to overcome difficult moments** in my career so far?



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5. **How do I rest and recover?**

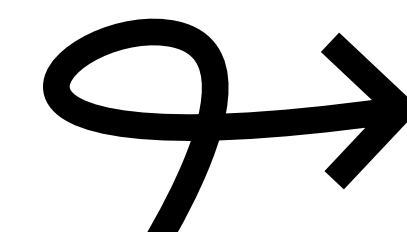


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6. **Who are three people I can ask for help in the hard times** and knotty moments?



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Time

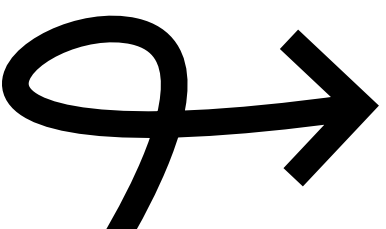
7. **What does time well spent in a week** look like for me?



8. **When do I find myself in flow in my job today** (using my strengths and challenging myself)?



9. **What are my biggest distraction** downfalls?



Relationships

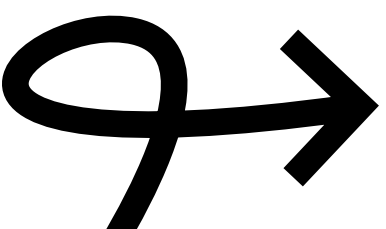
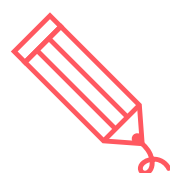
10. **Where am I learning from someone** who is different to me?



11. **How can I help the people** I'd like to build a relationship with?



12. **What are the causes of friction** in my relationships at work?



Self Belief

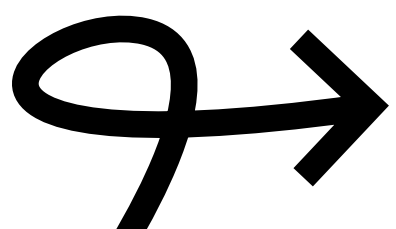
13. **What beliefs do I have about myself** that might be holding me back?



14. **What would a fly on the wall notice about what I do** well at work?



15. **When do I say yes, when I'd like to say no** (or at least not yet)?



Progression

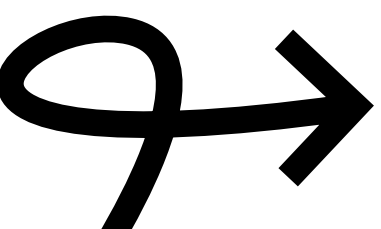
16. **What are three different ways I could progress** in my career over the next six months?



17. **Who could I have a curious career conversation with to explore** future possibilities?



18. **Which of my transferable talents could I develop** further in my role today?



Purpose

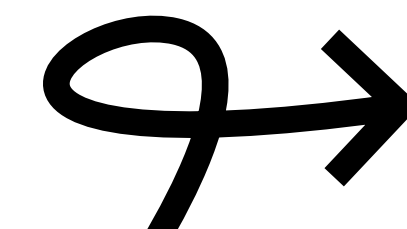
19. I'm 90 sitting on a park bench, **what would I like to have changed about the world?**



20. **Who or what do I want to have a positive impact** on in my career?



21. **Where could I spend time**—on what or with who—to get myself closer to a meaningful purpose?



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