

# Executive Coaching Qs



## What's working for you these days?

- 1 No matter how busy I get, I allow time for the healthy habit of \_\_\_\_\_.
- 2 My goals are well-defined when it comes to \_\_\_\_\_.
- 3 I engage in positive self-talk about \_\_\_\_\_.
- 4 I rarely procrastinate about \_\_\_\_\_.
- 5 I'm proud of the work I do because \_\_\_\_\_.
- 6 I make time to praise people for \_\_\_\_\_.
- 7 I'm more comfortable admitting growth needs when \_\_\_\_\_.
- 8 I've improved my skills or knowledge recently in \_\_\_\_\_.
- 9 It's easier for me to believe in myself if \_\_\_\_\_.
- 10 I'm happiest when I am \_\_\_\_\_.

## What's working AGAINST you?

- 1 I engage in negative self-talk about \_\_\_\_\_.
- 2 I spend too much time or energy on \_\_\_\_\_.
- 3 I don't yet have well-defined goals when it comes to \_\_\_\_\_.
- 4 One thing I wish I'd start to do every day is \_\_\_\_\_.
- 5 A worry I could let go involves \_\_\_\_\_.
- 6 I want to stop procrastinating about \_\_\_\_\_.
- 7 I can be a negative influence on others when \_\_\_\_\_.
- 8 I could give myself more credit for \_\_\_\_\_.
- 9 A change I'd like to make but haven't yet is \_\_\_\_\_.
- 10 My energy lags when I \_\_\_\_\_.