

YOU: PART TWO

Other questions for self-reflection

"People rarely regret the things they do; they regret not having tried."

Sharon Hall, River Deep Coaching

This is an adjunct to the You: Part Two Planning Template.

When it comes to helping people make dramatic changes in their lives or careers, Sharon often asks her clients to separate their desired future into 'Must Haves', 'Nice to Haves' and 'Not want to Haves' - and to ask themselves 'Why?' at every possible juncture.

Below is a list of fascinating questions that Sharon keeps up her sleeve to help clients explore their capabilities, define what they wish to achieve and then set about achieving it. They are a sample of the vast number she has to draw upon. Obviously, she selects the most appropriate for each occasion – in the moment. Treat the list below as a 'Pick n Mix' selection of thought-provoking questions for you to browse through and find the ones most relevant to you. Simply reading the list made me smile, pause and ponder ...

Back to the future:

- What did you love to do as a child? What was it about it that you loved the most?
- What did you want to be when you grew up? What stopped you? What still appeals to you about it?
- What were your happiest moments as a child? Where were you? Who were you with?
- What have been your happiest moments as an adult? Where were you? Who were you with?

Change:

- What would you most like to change about your current situation? Why?
- What uncomfortable feelings or thoughts arise in you when you think about change?
- How could reframe them to see change in a more positive way?
- Who can you ask for help? What stops you?

Career:

- What have been the stand-out moments in your career, or careers, so far? What was it about them that make them stand out for you?
- What career choice would you make if you knew you couldn't fail? (I love this one!)
- Imagine being 90 years old and telling your grandchildren about your career – what would you want to be able to tell them?
- What are you known for? What are you most respected for?
- What if you already had all the money, friends, love, time, approval, skills etc you needed - what new careers would you embark upon?
- If you could start your career over again, what would you do differently? Why?

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About you:

- What gives you the deepest satisfaction / makes you feel energized and excited?
- Imagine being 90 years old and telling your grandchildren about your life – what would you want to be able to tell them?
- What is the boldest idea or vision you have ever had for your life?
- When are you your best self?
- What does success mean to you?
- Why?

