

Some questions to think about...

These are the kinds of questions we might explore during coaching. Try them out for yourself – what do your answers tell you?

1. If you do what you've always done, you will get what you've always got. Is this true for you?
 2. What are you willing to just 'put up with' in life? What does that cost you?
 3. If you want someone else to change – could it be that actually you need to create a change in your life or approach?
 4. How do you stop yourself from being truly, uniquely yourself?
 5. What would you like to be doing 5 years from now?
 6. If your life isn't working the way you want it to – do you really want what you think you want?
 7. When you think about it, could fear of failure be preventing you from going forward?
 8. Does your way of life fit with the values that you hold most dear?
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“Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid sideways, chocolate in one hand, martini in the other, worn out, body used up, and screaming “woo hoo - what a ride” Author unknown
