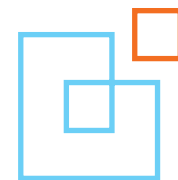


REFLECTION QUESTIONS

EXERCISE



PERFORMANCE
UNLEASHED



REFLECTION QUESTIONS

YOUR CURRENT LIFE AND CAREER

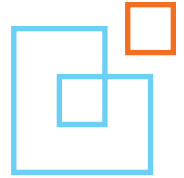
1. What do you enjoy most about your current work/career?
2. What work (activities, tasks, projects) do you look forward to doing? What activities give you strength (where you get absorbed and focused and time passes quickly, where you get energized after doing the work?)
3. What do you do very well?
4. What are you frustrated by in your current career?
5. What do people say about you? How would they describe? What's it like to work with you?
6. What do you want to preserve in your current life? What do you want to change? What do you want to get rid of/avoid?
7. What activities having meaning and heart for you?
8. What words describe you at your best?
9. What are your interests and passions?
10. What can't you live without? What's most important to you?
11. Out of your current work and role, what would you gladly do for free?
12. What is/are the recurring theme(s) that have run through your career? What can't you help but do/create in every role you've had? What have you been building your expertise in? What would you say your purpose is? *Hint: Think about this from the perspectives of interest, practice (building expertise) and purpose.*

For example — the theme that runs through my career is development and specifically leadership development. Every job I've been in this has been both a focus and a calling (I mean I can't ignore it. It's how I orient to my role. It's how I define success — building better leaders). Almost

all of my reading and my development is in the areas of development, leadership and learning. So, it's been an interest my entire career (and still is!). It's an area where I've been deliberate about building expertise (through HR experience, building coaching mastery, etc.) and it's how I think about my purpose (provoking potential) and my mission — developing great leaders.

YOUR FUTURE LIFE AND CAREER

1. What topics do you find yourself continually defending or arguing with friends and colleagues? What beliefs/values are you defending?
2. What makes you most afraid for the next generation?
3. What do you love helping people with?
4. What have you always dreamed of doing?
5. What do you see yourself doing in 2 years, 5 years, 10 years, 20 years time?
6. Where do you want to make a difference in your life? What kind of impact do you want to have? What legacy do you want to leave? This is about the contribution you want to make in the world.
7. Where do you want to go, immediately or eventually, that has you nervous and anxious with excitement at the mere thought of making it real?
8. What do you want your life to look like on a day-to-day basis — now, 5 years, 10 years, 20 years?
9. What goals do you have for yourself? For your family? Think about this from several aspects — love, friendships, travel, health, money, career, spirituality, family. Think both about experiences you want and objects you want.
10. What do you want to learn in your lifetime? In what do you want to develop mastery?



REFLECTION QUESTIONS

11. How do you want to be with others in your life? (friends, spouse, children, customers, employees, community)? What do you want them to say about you?
12. What is it to have a rich, meaningful, fulfilling life?
13. If you could forever change a group of people by giving a speech, what would you say? How would they be changed? Who are the people?
14. What would you do if you knew you couldn't fail?
15. If you knew that your creativity would support you the way you want to live, what would you do/create?

OBSTACLES

1. What's the biggest lie you are telling yourself?
2. Think of your current situation. Then imagine it's your best friend's situation, not yours. What advice would you give your best friend?
3. Where do you keep getting stuck?
4. We all have "self-talk" that runs through our head. It's our inner critic or saboteur and it speaks in a limiting voice to us. What does yours say?