# Questions to get you started

You can answer these in words, using symbols or pictures, to gain clarity about where you are right now. You can use creative resources to cut out pictures and words that represent answers for you. You can have one

picture per question, or create a collage of pictures as you wish.

**Work**

What does ***your best work*** mean to you?

In 5 years’ time your best work will be…?

What would you most like to accomplish with your best work?

What words describe how you feel about your best work to date?

What aspects of your best work motivate you or give you energy?

Tell me three to five aspects of your best work that you are most proud of:

What has been your biggest disappointment about your best work?

What are your key aims for your best work?

What stops you from doing your best work?

What compliments or acknowledgements do you hear most often about yourself?

What learning would support your best work?

**Personal**

What do you contribute that is unique?

What special knowledge do you have?

What do you believe in?

What behaviours or beliefs do you hold that help you to achieve success?

What behaviours stand in the way of achieving success?

What do you do when you are really up against a barrier or obstacle?

What activities have meaning and spirit for you?

Take a moment to read through what you have written so far...

What two steps could you take immediately that would make the greatest difference in your current situation?

1.

2.

What is the main area you would like your coaching session to focus on?