



**Action**

- What is one thing you can do for you?
- What do you want to accomplish by next week?
- What strategy do you think would work best?

**Career**

- What do you like doing best in your job?
- What will it take for you to become an expert in this field?
- What goals have you set for yourself at work?

**Change**

- What changes do you want to make?
- What is the payoff to you for changing?
- What if nothing changed?

**Choices**

- How can you grow from this experience?
- What tools do you use to make your decisions?
- What would make you make better choices?

**Energy Drains**

- What is your biggest energy drainer?
- What is a boundary that you can set that will create more time?
- What support do you need to recharge your energy?

**Moving Forward**

- Do you want to grow in this career?
- What is the first step?
- What does moving forward look or feel like for you?

**Resources**

- What resources do you need to create this?
- Are you willing to ask for what you need?
- What support do you have in place?

**What You Need**

- How will you know when your needs are met?
- What is the difference between what you want and what you need?
- What is behind this goal?

**Relationships**

- What is your greatest strength with people?
- What kind of relationship do you have with your peers?
- Whom do you admire most in your life?

**Talent**

- Does your work allow you to use your talents?
- What motivates you?
- What do others say are your strengths?