



# QUESTIONS TO ASK...

**? Am I exceeding my expectations?**  
(What has helped or hindered?)

**? What am I most proud of?**  
(What helped or hindered this?)

**? What was the biggest challenge (gift) I faced?**  
(This could be a person or situation)

**? What lesson did I learn and apply from the above challenge?**

**? As a leader of self, what new skills did I acquire?**

**? What has been the biggest learning from someone else?**

**? Who did I build deeper connection with?**

**? What has excited and lit me up?**

**? How do I contribute to others?**  
(team, organisation, family, community, friends)

**? What new positive habits have I adopted?**

**? What negative habit can I abolish?**

**? If it was the start of the year again what advice would I give myself?**