



QUESTIONS FOR SELF-REFLECTION

By Sherri Coale

- 1 What are 3 things you absolutely know for sure?
- 2 What are your non-negotiables as a coach?
- 3 Who or what keep you in your lane?
- 4 What is your personal mission statement?
- 5 What are the 3 best decisions you have made in your life?
- 6 What's at the heart of your greatest regrets?
- 7 How do you stay sharp?
- 8 What qualities in other people drive you crazy?
- 9 What is your Achilles heel - personally and professionally?
- 10 When are you at your best?