

Susan Washington

YOUR SUCCESS COACH

1. What am I most proud of?
2. Am I where I wanted to be?
3. What's changed this year (positive or negative because even good changes can cause stress).
4. What did I learn this year?
5. Did I do what I said I was going to do?
6. What was most satisfying this year?
7. What is my top priority? What is my second priority?
8. What is dominating my thinking?

9. What bad habits do I have?
10. What are my top values?
11. Why do I do what I do?
12. What do I want to say No to?
13. What do I want more of in my life?
14. When I am happiest?
15. How are my routines, structure and habits?
16. What is my next step?
17. What have I been avoiding?