The expanded coaching materials are provided to help readers implement the lessons taught in the book. Use them for individual or group development.

William Shakespeare offered some great advice through Polonius’ farewell address to his son Laertes saying, “This above all: to thine own self be true,...” The coaching in this book is designed to help you become more aware of your true self. Begin that process using these questions.

As you Consider Your Purpose, respond to these questions and write down your most honest answers:

1. What were you truly created to do?

2. What are your primary goals in life?

3. If you were about to die, what regrets would you have as you look back over your life?

4. Forgetting the past and looking only to the future, in one sentence, what would you like your legacy to be?

Look at your responses. Do you see gaps or corollaries?

1 Hamlet I, iii
Write down what you’ve learned about yourself and anything you may want to change.

As you Connect with Your Passion, respond to these questions and write down your most honest answers:

1. What activities are so satisfying that you look forward to doing them?

2. What types of projects excite you so much that they feel more like play than work?

3. What types of things do you learn quickly?

4. When do you feel most like you are “in the zone”?

5. What types of environments make you feel perfectly at home?

Look at your responses. What areas combine most or all of your passion related elements? And, does your passion relate more to a setting, activity, field of work or all three?

Write down what you’ve just learned about yourself and anything you may want to change.
As you Clarify Your Unique Personality, respond to these questions and write down your most honest answers:

1. What are your innate traits—your natural strengths and struggles?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Look at your responses. How do these impact your career and leadership choices?

Write down what you’ve just learned about yourself and anything you may want to change.

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TAKE THE NEXT STEP IN
YOUR LEADERSHIP JOURNEY

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