INTERVIEW

THE FIRST QUESTIONS CAN BE ANSWERED FROM YOUR PRESENT-DAY PERSPECTIVE. FOR THE LAST QUESTION TRY TO IMAGINE YOU ARE 90+ YEARS OLD AND LOOKING BACK ON YOUR LIFE, WHAT DO YOU HOPE IT LOOKED LIKE?

- What have I accomplished so far that I'm proud of?
- What motivated me to achieve my accomplishments?
- what am I good at?
- What makes me feel good or brings me peace?
- How have I added value to the lives of others?
- What past choices have I liked?
- Which choices taught me to choose otherwise next time?
- How do I make decisions? Explain your process in detail.
- At the end of my life I want to have been known for?

Now that you've answered all the questions, go over each one and ask why you put that answer example: "I want to have been known for saying things as they truly are. Why? because being honest is important."

HALCYON COACH WORKSHEET