



Questions for #ParkBenchTime

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What do you believe about yourself?
What habits are holding you back from being your best self?
What do you contribute to those around you?
How does your attitude affect your life and create shockwaves around you?
What have been defining moments for you that have changed the trajectory of your life?
How do you show up for yourself?
What are you preaching to others that you need to do better in your own life?
Are you challenged or threatened in life and how does this play out on a daily basis?
What compliments do you appreciate the most?
Are you conscious of the uniqueness of each period of your life?
What type of fingerprint do you wish to have on another person's life?
How do you define achievement, success, and fulfillment?
What are the most important things you've learned in life? Who have you shared these with lately?
What are you grateful for and how do you show this on a daily basis?
Are you equally honest in all areas of your life?
What quality about yourself would you never want to lose? What quality do others want you to lose?
Are you a "today" or "tomorrow" person? How has this affected your life up to now?
Describe your philosophy of life?
What are the repetitive themes in your life?
If you could wake up with one new ability or quality, what would it be and how would it change life?
What will you regret 5 years from now if you don't do it?
What do I want people to say about me when I'm gone?
What makes me feel secure?
What 3 individuals have influenced you the most and how has your life changed since knowing them?
What image do you want to project and is the image the same as reality?
What favor have I done without expecting anything in return?
When do I have time for myself and how do I use it?
What triggers positive self-talk for you and also negative self-talk?
Where do you get your energy?
What would it look like to let more of your personality shine thru?
Who do you need to be in order to do what you want to do?
What compliments do you get that you value the most?
When do you feel "all together"?
When do you feel most free?
What problems do you enjoy solving?
When was the last time you showed courage and how did it change your current situation?

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