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life, transition & career coach

workbook

JOURNEY TO SELF-IMPROVEMENT

35 Questions and prompts for Personal Transformation

A workbook with 35 self-explorations questions reflection prompts for personal growth that will inspire and empower you.



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WELCOME FRIENDS!

NICE TO MEET YOU

I'M CHRIS, YOUR LIFE COACH FRIEND ON THIS JOURNEY.

I'm absolutely thrilled that you've taken the step to dive into this awesome workbook!

Inside, you'll discover a treasure trove of 35 supercharged questions that are going to be your trusty companions on this incredible journey of self-discovery. As you flip through the pages, you're going to uncover all those fantastic things that make you one-of-a-kind and downright amazing!

This workbook is your secret weapon, your turbo boost, and I truly hope it gives you that extra oomph to get you exactly where you want to be.

Believe in yourself, because you're destined for greatness!

FONDLY, CHRIS



SELF-AWARENESS

What 5 words describe you best?

What is the one thing in your life you would like to change? Why?

SELF-AWARENESS

What can't you live without?

What are you afraid of?

SELF-AWARENESS

List 10 things you love about yourself.

(It can be what you like about your body, about your personality, about your behavior, about your thoughts, whatever you want.)

WHAT I LOVE ABOUT MYSELF

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

CORE VALUES

List 3 people you respect and admire. Why?

PERSON 1:



PERSON 2:



PERSON 3:



CORE VALUES

What or who makes you happy?

How would a friend describe you?

How would your parents describe you?

CORE VALUES

What are your five most memorable accomplishments? What made them memorable?

1.

2.

3.

4.

5.

CORE VALUES

Select if any of these values came up for you in the questions above. If a value that's not shown here is present for you, that's great too. There's a blank box below for that.

Accomplishment	Feeling Competent and Capable	Peace and Tranquility
Acceptance	Family	Persistence
Assertiveness	Financial Freedom	Power and Authority
Adventure	Flexibility	Pursuit of a hobby
Advancement/Promotion	Forgiveness	Respect
Ambition	Freedom	Responsibility
Authenticity	Friendships	Recognition and Acknowledgement
Balanced lifestyle	Fulfillment	Rest and relaxation
Being involved in community	Fun	Risk-taking
Belonging	Generosity	Self-respect
Boldness	Gratitude	Self-motivation
Busy lifestyle	Growth	Self-Expression
Challenge	Having a spiritual way of life	Simplicity
Change and variety	Healthy lifestyle	Strength
Close Relationship	Honesty	Serenity
Clear Communication	Humor	Successful money management
Collaboration	Integrity	Supportiveness
Commitment	Independence	Social contact
Compassion	Influencing Others	Stability and security
Competence	Intimacy and closeness	Status
Connection	Kindness	Time Freedom
Courage	Knowledge	Time alone
Cooperation	Learning new things	Time with my immediate family
Creative Expression	Love	Time with my extended family
Curiosity	Loyalty	Taking on new projects
Decisiveness	Mental stimulation	Teamwork
Diversity	Meaningful Work	Time in nature
Democracy	Money	Travel
Economic Security	Openness	Truth
Empathy	Order	Uniqueness
Engagement	Patience	Usefulness
Excitement	Physical Activity	Vulnerability
Excellence	Pleasure	Wealth

Write here any of your values that is not in this list.

TALENTS & STRENGTHS

What was a difficult event in your life?

How did you get through it?

What's your biggest strength?

TALENTS & STRENGTHS

What are you good at that you never got paid for?

What are some of the skills, abilities and qualities the above questions demonstrate? (computer skills, dependable, organized, etc.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

CAREER

What jobs have you had? What did you enjoy the most about each job?



What's currently missing at your work?



CAREER

If you could get rid of one thing at your current job, what would that be?



What are your values for a fulfilling career?



CAREER

If you were to land the career of your dreams, where would you be in 3 years? Describe what you would be doing, what your responsibilities would be and how you will be feeling.



RELATIONSHIPS

Who are the people closest to you at this moment in your life and for how long have they been in it.

FAMILY

_____	_____
_____	_____
_____	_____
_____	_____

FRIENDS

_____	_____
_____	_____
_____	_____
_____	_____

OTHERS

_____	_____
_____	_____
_____	_____

RELATIONSHIPS

What do you want in a partner (or friend)?

When do you feel appreciated by your partner (or friend)?

How do you show your appreciation to your partner (or friend)?

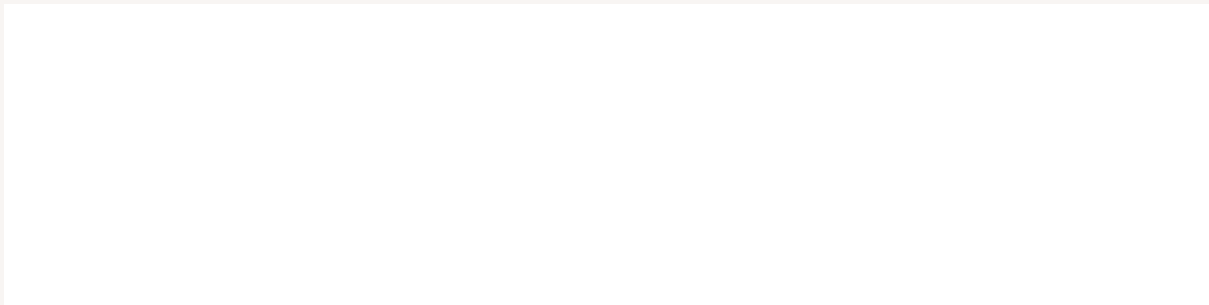
RELATIONSHIPS

If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Reflect on the why.

PERSON 1:



PERSON 2:



PERSON 3:



GOALS & VISION

What has changed in your life during the last 5 years?

How do you see yourself in 5 years from now?

What are you excited about in life right now?

GOALS & VISION

Describe how you want your life to be in one year. Make sure you describe how it looks, the colors you see, the smells, what you can hear, what you can touch and any emotions which may come up for you.

A large, empty rectangular box with a thin brown border, intended for the user to write their goals and vision for the next year. The box is positioned centrally on the page.

GRATITUDE

List 12 things you are grateful for in your life.

I'M GRATEFUL FOR:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

GRATITUDE

How can you acknowledge yourself for all you have done?



How can you appreciate the important people in your life?



GRATITUDE

How can you celebrate your life?

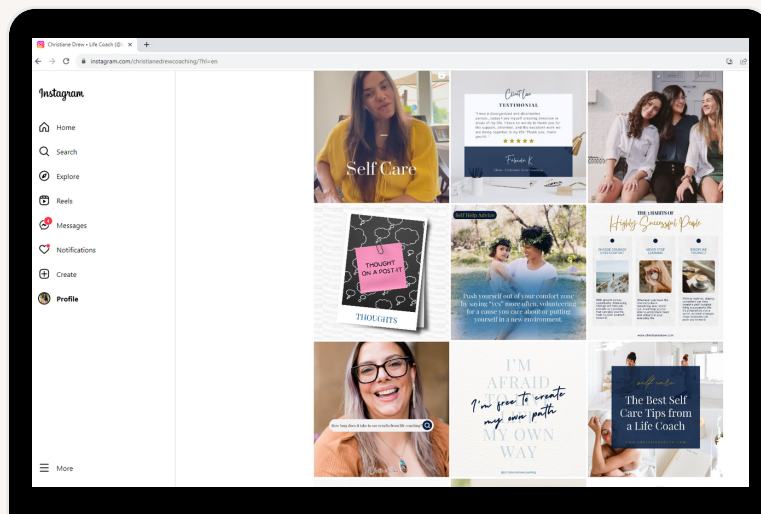
What have you learned about yourself with these questions?

DO YOU WANT MORE?

For tips, ideas, suggestions, and techniques to help you create and live a life with confidence and joy, follow me on Instagram, Facebook and LinkedIn.

Scroll to previous posts to see if your question was already answered. And if it wasn't, just ask me!! It will be my pleasure to make a post especially for you!

Much love,
Chris



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