

## **DAILY QUESTIONS & REFLECTIONS**

### SET YOURSELF UP FOR SUCCESS

Have you ever tried to become more effective and impactful, reach an important goal, or change your behavior for the better? You had the best intentions, ... and yet, life took over, old habits kicked in, distractions caught your attention and triggered you to go on a detour or derail? We have all been there.

Knowing where we want to go and what we want to accomplish in our lives and careers is already a challenge. One that requires vision and perspective. Doing what it takes to get there, staying focused and following through no matter what requires day-to-day intention, commitment to routines, and new habits as well as discipline.

Daily Questions & Reflections are a super powerful tool that helps you stay on track, reach your goals more effectively, and become the person you want to be. Daily Questions help you in setting the intention for the day to come so that you can move forward with intention and impact, stay on track, and reach high levels of performance. Daily Reflections support your learning and the refinement of your success formula.

Here are some examples to get you started. Feel free to add, exchange - and very important - to truly make this list yours. The success comes from using the process while being flexible with the questions. Pick those that resonate with you, considering where you are at this point in your life. The questions may change over time, and you may need a few iterations before you find the right ones that work for you. Very intentionally, the ones below look at life holistically. You may decide to ask yourself questions that are more focused on specific areas of your life, such as business, career, or relationships - and that is perfectly fine.

What else do you need? 5 to 10 minutes of quiet time and something to write on. Enjoy!

### **Morning Questions - Setting the intention for an impactful day**

- What is the right thing to do today to move closer to my long-term vision/goal?
- What else matters today (tasks that must be done today) and how will I make it meaningful?
- How will I do these things 'right' - that means in an effective, efficient, and enjoyable way?
- How will I take good care of myself today?
- How will I show my gratitude, appreciation, and love today?
- What is the one suggestion I would give to myself as my own success coach?

**Evening Reflections - Reviewing the day and defining your learnings**

- Did I do my best to accomplish what truly mattered to me today (on a scale from 1 - 10, with ten indicating that you did your absolute best)? What does this score tell me?
- What did I learn today, and how would I like to use these learnings in the future?
  - Content/knowledge/skill
  - What went well (=success recipe)?
  - What could be done better/differently (=learning/growth opportunity)?
- What am I grateful for?
- What is important for tomorrow?

**Other tools to elevate your success**

Try **The Wheel** exercise to take a refined look at your life and career and define meaningful and aligned goals. Or check out the **GROW Coaching** Process to help you get from where you are today to where you want to go. Check [sabine-renner.com/resources/](http://sabine-renner.com/resources/) for further information and downloadable worksheets.

Enjoy working with these tools that will help you to live and lead with intention and impact and to create the career and life you thrive in.