

Turning Passion Into Purpose: Helping Others Reach Their Goals

My introduction to Executive Coaching by Thomas Passalacqua

The following questions will guide you to shift your perspective and discover relevant ways to identify solutions and improve your success. Discussing them with a colleague can amplify their effectiveness.

Thinking about your priorities, what are your overall goals that you want or need to achieve?

What are the most pressing challenges that you currently face?

Reflecting deeper, try to identify the precise sticking points that are preventing you from achieving your goals:

On a scale of 1-10, where 1 is low and 10 is high:

How would you currently rate the likelihood of you achieving these goals?

How would you currently rate your stress and anxiety levels in relation to achieving these goals?

If you didn't have any limitations, what would you see yourself accomplishing? How would you define success?

Why is achieving these goals important to you? What becomes possible when you reach them?

Describe one small action that you can take right now that would have the greatest influence on reaching your goals while reducing your stress. What will allow you to commit to that action?

List the behaviors needed that would enable you to take the next step to gain more support and clarity:

To continue to discover custom strategies for your goals and to explore how coaching can help, please reach out to me for a complimentary session.

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