



**ART OF COACHING PODCAST™ EPISODE 303:
CRITICAL QUESTIONS TO ASK YOURSELF BEFORE THE YEAR ENDS**

1: Is there a relationship (one that you care/d about) that you've taken to time to mend?

2: How have you called yourself out both personally and professionally?

3: What has been the most impactful "no" this year?

4: What is a significant project you've invested significant time, money, and effort into to complete?

5: What is something you've done to challenge or change a core belief of yours?



6: When did you experience a moment of unexpected kindness (either given or received) and what was the ripple effect?

7: What is a piece of advice you received that you're glad you didn't listen to?

8: What is something you did for professional development that helped you with your personal life and vice versa?

9: What is something you're still avoiding?

10: In what ways have you contributed to a cause greater than yourself?

BONUS: What would an SNL parody of your life look like? (Great conversation starter!)



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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