

The One Command Executive Success Coach Online Training Self-Examination Questions

Questions are the doorway to awakening and activating new perceptions and greater awareness for yourself. When you live in the question, you open yourself up to infinite possibilities. It is only when you believe you know the answer that limitations happen.

We recommend you begin a Coach Training Journal for yourself and use it as a valuable tool for self-clarity throughout the training.

Take time to sit with these questions on a regular basis and write what you learn about yourself in your journal. These answers are for your eyes only. These questions have been designed to move you beyond what you think you know and allow you to step into a greater expression of yourself.

What's it going to take for me to receive the greatness of me?

What beliefs have I created that stop me from receiving myself completely?

How have I sacrificed myself for the sake of others? Why?

What habits do I have that I would like to change?

What **must** I let go of in order to have what I want?

What are my 3 most important values?

Where am I living those values and where am I not yet?

What am I unwilling to receive that, if I could receive, would allow what I want to show up for me?

What do I want instead of what I have right now?