

Career Coaching Questions

1. What do I love about my career?
2. What do I feel like my career is missing and how can I get more of what I need?
3. Where do I want to be in 5 years?
4. Who are the people in my life that make me the happiest?
5. When am I the happiest version of me?
6. What tasks do I love doing?
7. What am I afraid to do?
8. How can I improve on any of my daily habits?
9. What steps am I taking to reach my career goals?
10. Am I doing all that I can to improve in my career goals?
11. What areas of my goals could I improve on?
12. What makes me upset at work?
13. How can I add to my happiness?
14. What are the 5 things I love about myself?
15. What are 3 negative mindsets I need to let go of?
16. What will I accomplish next year in my career?
17. How can I improve my daily routine to support me?
18. What is the one piece of advice I would give to my future self?
19. How can I love myself daily?
20. What can I do to practice more self-care?
21. What are 5 things that make me smile?
22. What 3 things are guaranteed to make me laugh?

LSV Coaching Ltd

m: +44 (0) 7702 754221

e: lucy@lucyshuttvine.com

w: www.lucyshuttvine.com

23. How can I show more gratitude to those I work with?
24. Who do I get energy from?
25. Who drains my energy?
26. If I could relive one work moment what would it be?
27. If I could travel back in time to fix something, what would it be?
28. What was something I didn't get but looking back that was the right thing?
29. If I could list anything on my CV what would it be?
30. What are my top 5 strengths listed on my CV?
31. What are my 3 best personality traits?
32. What do I do that influences people around me?
33. How much do I trust the people I work with?
34. What keeps me in my job?
35. What motivates me to get up every morning?
36. What did I learn from today's performance?
37. What steps did I take to make me successful today?
38. What are some different strategies I could have used?
39. How did I keep going when things got tough?
40. What can I learn from an opponent today?