

FREE RESOURCES



YOUR SELF-COACHING CHECK-IN

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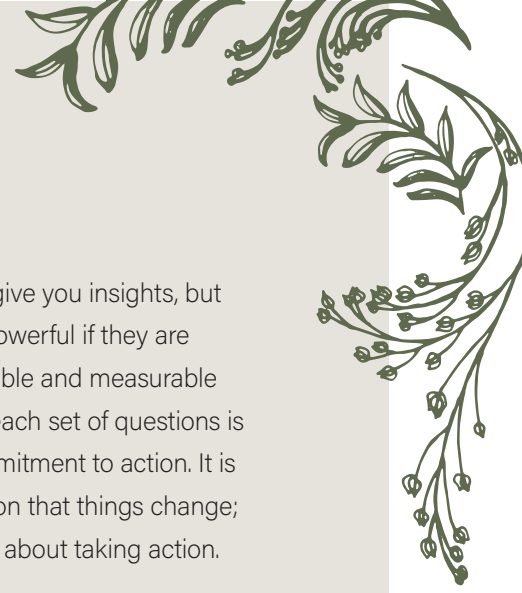
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Welcome to yourself!

The list of questions below are a support for you as you navigate life - the ups the downs and the in-between times.

You may want to answer them all in one go, with your journal by your side, or you may want to dip in and out as challenges arise.

These questions will bring you clarity, sharpen your focus, honour who you are, what you want, and how you want to contribute to the world.

Your answers will give you insights, but insights are only powerful if they are followed by a tangible and measurable action. Therefore, each set of questions is followed by a commitment to action. It is when we take action that things change; not when we think about taking action.

Be as honest as you can with your answers; there are no right or wrong answers because you are not 'right or wrong'; you are human.

Kemi
xxx

SELF-AWARENESS

1. What three things are the most important to you in your life right now?

2. Are you nourishing these areas of your life every day?

3. If not, what do you see as the main obstacles?

What is going to be your first action to nourish one of these areas of your life and when will you complete it?

PERSONAL FULFILMENT



1. What do you yearn for?

2. What do you tell yourself about why you can not have what you yearn for?

3. What is the impact on you emotionally, physically and spiritually?

How can you honour this yearning through action?

EMOTIONS

1. What do you consider to be your most regular painful emotion?

2. How do you act with others when you feel this emotion?

3. What would be the best way to take care of yourself when you feel this emotion?

What action can you take to honour your emotional life, and when will you complete it?

1. Voice your response out loud to these questions; you may be surprised by your answers.
 - a. "I should always..." _____
 - b. "I should never..." _____
 - c. "I must..." _____

2. What do these answers tell you about yourself?

3. How do they affect what actions you do or do not take in your life?

What one action can you take today to let go of one of your 'shoulds', and when will it be completed?

BOUNDARIES

1. Where are you currently feeling overwhelmed, resentful or exhausted?

2. What boundary do you need to put in place to look after your emotional, mental and physical resources?

3. To whom in your life do you need to communicate this boundary?

When are you going to communicate this boundary?

GOALS & FOCUS



1. What ONE thing, if you finished today, would make you jump for joy?

2. Why is this task important?

3. How long will it take to complete this task?

When are you going to finish this task and how will you celebrate?

1. If you did nothing else for the rest of the year, what three goals would make this year a success for you?

2. What are you doing that does not support the success of these goals?

3. What do you need to start doing to support the success of these goals?

What will be your first action and when will you complete it?

COMMUNICATION



1. What has been the most difficult conversation of your life?

2. What did you learn about yourself after having this conversation?

3. How has this conversation improved how you communicate with others?

4. In your life right now, what conversation are you afraid to have?

5. What is the main fear of having this conversation?

6. What is the impact of not having this conversation?

Are you going to have this conversation and if so, by when?

WORK & CAREER



1. When you think about your work/career, what three words come to mind?

2. When you think about your work/career, what three words do you want to use?

3. Is there a gap between what you have and what you want?

What one action can you take today to bridge the gap between the work life you have and the one you want?

1. What has been the biggest challenge of your work week?

2. What have you learnt about yourself by working with/overcoming this challenge?

3. How does this new learning influence your work moving forward?

RELATIONSHIPS



1. Who in your life would you like to spend more time with?

2. What does this person add to your life?

3. What do you see as the obstacles to spending time with them?

What one action can you take to spend more time with this person, even if it is not in person?

1. Who opens your heart?

2. Who closes your heart?

3. Who do you spend the most time with?

What one action can you take to spend more time with the people who open your heart?

FOCUS



1. In what area of your life are you paying the most attention?
(work, family, health, relationships, etc)

2. What area of your life needs more attention?

3. How does not paying attention in this area of your life impact you and those around you?

What is going to be your first action to paying more attention in the area that needs your focus.

1. If you were to positively shift forward in one area of your life, what area would that be?

2. What internal obstacles are stopping you from shifting forward?
(mindset, stories, past experiences...)

3. What external obstacles are stopping you from forward?

What one action can you take to positively shift forward today?

VISION



1. If you were to create a three-sentence vision for your life, what would your vision be?

2. What is the ONE thing that is stopping you from living into this vision?

3. What support do you need to carry out this vision?

What one action can you take today to ask for the support you need?



SUPPORT —

If you would like more support from me, check out my podcast The Shift Series, my books and online courses, all created to support you to live and lead without apology.

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