

## Building Leadership Confidence

### What are some of the successes you have experienced in your life?

Which would you rank as your top three successes, and why?

### Think of an example of a time you were unsure of yourself.

What did you do to persevere in that situation?

### What do you consider to be invaluable leadership traits?

Which of these do you believe you have a decent command?  
Which do you believe you need the most work to improve?  
What are some action items you will do to help you improve?

### What are your future goals both personally and professionally?

What are you currently doing that is not moving you toward your goals?  
What are some ongoing activities you can participate in to help you continue to develop professionally?

## Balancing Work and Other Life Roles

### Which roles do you currently live out in your life?

What are some of the responsibilities of each?  
How much time does each role require of you on a weekly basis?  
Which roles do you want to continue to live out?  
Are there any roles that you would like to add or remove from this list?  
Which of these activities can be cut from your schedule?  
What will you replace those cut activities with to help ensure you are moving toward your goals?

### What does your ideal life look like?

What would you most like to do with the time that you are given in this life?  
What specific accomplishments would you like to achieve?  
What relationships would you like to develop and grow?  
Are there any skills, hobbies, or abilities that you would like to learn?  
What changes are you willing to implement to make your ideal life a reality?  
What supports do you have already in your life to make these changes?

