

Reflective questions

1. What did I enjoy this week?

2. What did I find challenging this week?

3. What have I learned about myself this week Personally, and professionally?

4. Who did I not engage with this week in my team?

5. Who in the team did something outstanding or helped someone else? Did I acknowledge this?

6. How did I show up this week? Was I the best version of myself at work?

7. Was I the best version of myself with my non-work relationships?

8. What did I learn this week?

9. What would I have done differently this week on reflection?

10. How was my health and sleep this week?

11. What did I do for fun this week?

12. Who did I help this week? What did I do?

If a people leader - Feedback reflections. (After 1:1 with team members)

13. What did I learn from feedback from my team or peers?

14. Did anything challenge me? – how did I react?

15. How did I respond? What did I commit to?

16. What am I going to do differently?

17. What am I doing to develop my team? Have I created “personal bandwidth”? Am I delegating and holding to account? And are my leaders developing their people?

18. What are we hearing from our people?

Big picture reflections

19. Are we moving in the right direction? You and the coach or Mentor –is this what you need? Are you being challenged?

20. What am I learning? And/or observing about myself?

21. What am I consciously doing differently?

22. Am I living my values?

23. Am I looking after my personal well-being? (have you done the flourishing wheel?)