



Chatsworth Consulting Group

## The ten questions

1. What is going well in my life/work?
2. What could I do better?
3. What do I want more of? Less of?
4. With whom do I want to connect more this year?
5. What is most important for me in 2013? What skills will I focus on?
6. What must I make more time for? How will I do that?
7. What might get in the way of accomplishing my goals, and how can I break through those barriers?
8. Where do I need or want more support? From whom?
9. What must I let go of (physically, emotionally, mentally)?
10. What is something I can learn and something I can teach?



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