



6 Questions to ask yourself in order to get to your personal greatness

NAME:

DATE:

This worksheet is a supplement training guide to “6 Questions to ask yourself in order to get to your personal greatness” video published on May 23, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Have you ever noticed that your biggest “light bulb” or “aha” moment comes from someone asking a powerful coaching question? Suddenly everything seems to make a little more sense, and you know what you need to do from that point forward, right? The beauty of these questions is there are no correct and incorrect answers. They are just meant to keep you moving and get your wheels turning.

Believe it or not, the type of questions you ask determine the kind of life you achieve. That’s because your questions trigger its own set of answers, which lead to certain emotions, which then lead to certain actions, followed by results. If you ask yourself limiting questions, you’ll perform limited actions, and get limited results. If you ask yourself mind-opening, forwarding questions, you’ll gain a lot more out of them.

Check out part 1 of the questions to ask yourself in order to get to your personal greatness below.

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

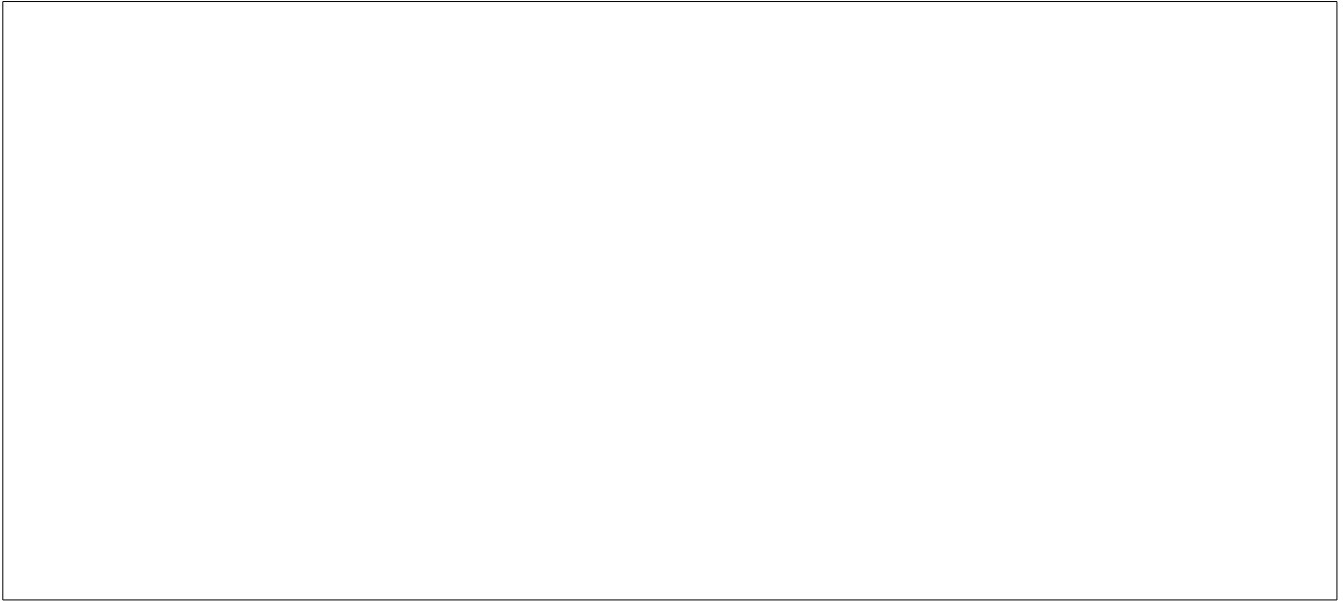
CEO and Founder (TCHPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com

Question #1: What needs to happen for you this year?



Question #2: What ONE ACTION can you take to keep moving forward?

