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## *Coaching towards work-life satisfaction and wellbeing*

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The following exercises are designed for coaching and supporting your personal development and to help you grow towards your satisfaction and wellbeing. Answering these questions will help you set and clear your goals. We strongly recommend you find some time during the next weeks to complete the following exercises. It will not take much time and will help you gain a wider perspective of your current life needs and goals to gain insight, motivation and satisfaction.

### 1- THE GROW INTERVIEW

1. What are the 3 most important things you want to change or improve in your life right now?
2. Of these 3 things, which is the most important thing for you right now?
3. If so, how will it affect your life? What would happen to you in the short and long term? What would be the results?
4. If you fail in your quest to achieve this goal, what would be the negative repercussions on your long-term life?
5. One of the factors we will rely on in your journey to achieve results will be your strengths. We discover these very often in the hardest and most difficult times of life. Write one of the most difficult times in your life: what helped you get out of there? What beliefs? What behaviors? What actions did you do to turn it in your favor? What did you learn of yourself?
6. Do you have a vision for your life trajectory? If so, what kind of life do you want to live?
7. What are your personal values? What is most important to you now? (see list of values)
8. What would be the 5 most important things any person should know about you to get along with or to work with you?
9. Imagine that everything would be perfect ... what would you like to try?
10. What are you most proud of?
11. What is the best advice someone has given you in your life?



## MORE QUESTIONS...

1. To start living your life to the fullest, what is the first change you want to make?
2. What areas of your life do you want to improve or change?
3. What can you work on NOW and what will make the biggest difference in your future life?
4. How can we make this goal measurable or specific?
5. How do you think you will feel when you reach that goal?
6. What are you tolerating / enduring that you don't like in your life?
7. What do you want MORE about in your life? (List)
8. What do you want LESS in your life? (List)
9. What 3 things do you do regularly that are useless or supportive?
10. What will be the biggest impact on your life when you achieve your goal (s)?
11. What would you try to do now if you knew you would not fail?
12. How can we make this a goal that we want to approach instead of moving away from?
13. What do you love? What are you passionate about?
14. What do you hate? What or what kind of people can't you stand?
15. Something you would like to do before you die?
16. Is it a good time to commit to your goals?
17. What can bring a smile back to your life?
18. What do you really want with all your heart?
19. What change do you think you can make in your way of life to have more inner peace?
20. To find out if this is a good change, ask yourself ... how will it benefit you? How will it benefit others?
21. What is your philosophy of life? Could you explain that?
22. What do you value most? What are the motivations that make you feel motivated, engaged and focused in your life? What human values lead your life and lead your research work? What activates your sense of action, what's your life about? What are you fighting for? What are your ideals and goals as a person? And as a researcher? How do you want to make humanity advance?

Here is a list of some values, mark the ones that most define your philosophy of life, or the ones that you want to be the pillars of your present and future. Indicate your top 10 core life values. The values that move you forward and make you feel alive.



## List of VALUES

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	
Curiosity	Initiative	Responsibility	<b>Write your own:</b>
Dignity	Integrity	Risk -taking	_____
Diversity	Intuition	Safety	_____
Environment	Job security	Security	_____
Efficiency	Joy	Self-discipline	_____
Equality	Justice	Self-expression	_____

MY TOP 10 VALUES are:

## 2- THE WHEEL OF LIFE

The Wheel of Life is a simple yet powerful tool for visualizing all areas of your life at once, to see where you need improvement and balance. Please, evaluate the different areas of your life from 0 (very bad) to 10 (excellent). First, find and mark the best number to evaluate your current situation in each area. Next, please colour the each section as follows, so you'll easily see what areas need to be balanced or improved:

