

JOVI'S NOTE:

"It's important to start from a place of celebration and gratitude. For many of us it's easier (read, we're taught/programmed!) to look for ways to improve immediately. And yes, while it's important to acknowledge our areas for continued development, when we begin our process purposefully celebrate our progress/wins and leaning into gratitude we invite the power of MOMENTUM to gently encourage us along our way. It's with this in mind that I offer these coaching questions to help you begin your Connect/Work OnPurpose reflection."

CONNECT/WORK ONPURPOSE PROMPTS

1. What work contributions will you celebrate?

2. How am I purposefully leveraging my skills, gifts and talents in my work?

3. What professional relationships can I celebrate?

4. How do I honor my values through my work?

JOVI'S NOTE:

“Healthy relationships are critical to our success. This is important to remember as we examine the professional relationships in our life.

Remember: not everyone in your circle needs to be on your team.

Relationships change. Are you continuing to invest in relationships that deserve your time and attention or are you focused on relationships that have expired? Carefully consider how you strategically build an effective community that supports your personal and professional success.”

CONNECT/WORK ONPURPOSE COACHING PROMPTS

1. How am I finding a sense of purpose in my current work? If so, where, and in what? If not, what would more purpose-driven work look, feel and sound like to me?

2. What skills do I still need to develop to grow professionally?

3. What professional relationships need more care and attention?

4. Carefully consider your community. Fill in the blanks.

• My Mentor(s) _____

• My Sponsor(s) _____

• My Cheerleader(s) _____

• My Critical Friend(s) _____

• My Sage/Wisdom Check(s) _____

