Power Questions For Leaders

- What did you do well today?
- Tell me about one of your most confident moments today?
- What are you most excited about in your life right now?
- What is one of the biggest challenges you are facing at the moment?
- What was something that you learned?
- What can you say is an area of growth for us to focus on?
- What was one of your best mistakes? What did you learn? What would you do differently?
- Was there a point where you became aware of just listening to yourself?
- Was there a time when you switched your focus from controllables to uncontrollable?
- When did you regulate your breathing?
- What was your optimal number for energy?
- What did you commit to and actually stick with?
- How did you grow as a person today?