

## Daily Questions Challenge for Learning Leaders

Make a list of personal goals that:

- Are important in your life
- Will help you become the person that you want to be
- Consider things that you want to start doing, stop doing, keep doing, or things that you simply need to accept

Start with the list of questions below. Modify, add and delete, as you like. If you're new to this, try starting with no more than 5 questions.

Commit to ask yourself these questions every day for at least 30 days. Better yet, have a trusted person ask you these questions every day for at least 30 days. Answer honestly.

Did I do my best to: (1-10 scale)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Avg
Set clear goals?								
Make progress toward goal achievement?								
Find meaning?								
Be happy?								
Build positive relationships?								
Be fully engaged?								
Learn something new?								
Be grateful?								
Exercise?								
Spend quality time with God?								
Get a good night's sleep?								
Eat a healthy diet?								
Be encouraging to..... (fill in a name)								
[Personal goal #1]								
[Personal goal #2]								

\*From *“Triggers: Creating Behavior that Lasts – Becoming the Person You Want to Be”* by Marshall Goldsmith