

**3D COACHING
ACADEMY**
BY CoachWhizz

10 Reflective Questions

let us reflect on what has passed while looking towards
what we want to create ahead.

Take your time to answer these reflective questions, go deep and dream big.

Perhaps partner-up with a good friend to reflect and share on these together.

- **As you look back over the last year, and decade, what are some major milestones or moments that stand out for you and what was it about them that was so special or significant to you?**

Answer:

- **What did you learn most from these moments and how have they helped you, perhaps in an unexpected way?**

Answer:

- **What do you want to leave behind, or grow from as you are moving forward?**

Answer:

- **Looking beyond you and your own life... What bigger difference would you like to make in the world or for others?**

Answer:

- **What's a passion that you have, that you'd like to give your attention to and nurture starting right now?**

Answer:

- **What's a new adventure that you'd love to embark on this year ahead?**

Answer:

- **Who would you like to spend more time with?**

Answer:

- **What is the dream, that if there was nothing in the way, you would make happen right now?**

Answer:

- **What would be the first step you could take towards creating that dream this year?**

Answer:

- **What are you most grateful for discovering through this reflection?**

Answer:

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