

THOUGHT ACCELERATOR

Powered by [TCG's 5 Reasons to Gift Yourself an Executive Coach](#)

SELF-ASSESSMENT

Do I feel stuck or like my priorities are in conflict? Yes No

Which ones feel in conflict?

What's making me feel stuck?

Do I feel uneasy? Yes No

Can I identify why?

Do I have momentum or inertia?

Mostly Momentum A good mix Mostly Inertia

Can I identify the nuanced differences between them?



Am I feeling uncertain? Yes No Sometimes

Am I struggling identifying my purpose?

Do I feel alone in processing my current day-in-day-out work?

Yes No Sometimes

Do I have an objective insider that can effectively support me in finding perspective or effective actions?

Yes No Sometimes

If I have one, how are they showing up for me in my current need? If I don't have one, what would be helpful from them in this moment?

