

# Reflection Questionnaire

Grab yourself a nice hot drink and a pen and paper and curl up in a nice cosy corner to work through the following questions, reflecting on your life as it is now and daydreaming about what you want from your future. Keep your answers and return to them in the future to see how far you've come.

How would you describe yourself?

How would other people describe you?

What are you really proud of, personally and/or professionally?

What do you do when life is challenging and you feel out of control?

What do you do just for the fun and joy of it?

What would your younger self think of your life today?

What are you grateful for?

How would you like to be remembered?

What fears or beliefs are holding you back?

Order your copy of Work Hard, Rest Hard, Play Hard on Amazon.

Follow Chloe Myers on LinkedIn.

Email [chloe@hopscotchcoaching.co.uk](mailto:chloe@hopscotchcoaching.co.uk)

The logo for Hopscotch Coaching features the word "hopscotch" in a lowercase, rounded font with a dashed line above it that forms a hopscotch pattern. Below it, the word "coaching" is written in a smaller, lowercase, sans-serif font.

**WORK  
HARD  
REST  
HARD  
PLAY  
HARD**  
Chloe Myers  
with illustrations by Lara Funn and foreword by Dean Jones

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What does your life look like now?

What would you like your life to look like in six months time,

two years time,

and ten years time?

What will you need to keep from your past to achieve your dream future,

and what will you need to leave behind?

What would you do if there was nothing stopping you: if you weren't worried about what others would think, if money were no object, you had time, and knew you couldn't fail?

What's really getting in the way of the life you have and the life you want?

What are you going to do next, to get one step closer to your dreams?

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One of the previous reflection questions was,

“What would your younger self think of you?”

Now, imagine your future self looking back on your life with pride and happiness, having achieved all the things you are thinking about doing right now. Write yourself a letter from your future self, congratulating you on all you have achieved and learned.

How did it feel to write that, to imagine being the you that has achieved what you want to, and reflects back on life with pride rather than regret? What do you need to commit to now to make this possible?

Take a moment to reflect on how it felt to answer those questions and whether anything unexpected came up for you. Are there any changes you want to make to your life, any dreams you want to realise? What are your goals for the next six months?

Contact [chloe@hopscotchcoaching.co.uk](mailto:chloe@hopscotchcoaching.co.uk) to arrange your no pressure free 30 minute call where you can share some of these answers and the goals you'd like to work on, and ask me any questions you may have about coaching.

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