

Beyond the *Achievements*

Three questions to reconnect with what matters to you.

You've worked hard to get where you are. But when was the last time you stopped to ask whether it's still what you want?

01 / IDENTITY

Who am I beyond what I achieve?

When do you feel most like yourself?

Think of moments when you're not trying to prove yourself or meet expectations.

02 / VALUES

Am I living by my values, or others' expectations?

What are you doing because you feel you should?

Think about commitments you've taken on. Which still matter to you?

BEYOND THE ACHIEVEMENTS

CONTINUING YOUR REFLECTION

03 / DIRECTION

What do I actually want next?

What would you like more of in your next chapter?

Think beyond achievements or milestones. What would feel meaningful?

04 / YOUR TAKEAWAY

What stood out to you?

One thing I am beginning to realise is...

One small choice I can make this week is...

WANT TO EXPLORE A LITTLE DEEPER?

Sometimes a reflection opens up a bigger conversation. Through coaching, we can explore the patterns behind your choices and what moving forward in a way that feels right for you could look like.

[Explore coaching at alicia.co](https://alicia.co)