

My Coach 1-liners

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| 1. Think about the relationships most essential to your success. How would you describe the quality of your conversations with these individuals over the past 30 days? | <input type="checkbox"/> |
| 2. Remember, your conversations drive what happens, or what doesn't happen in your workplace and at home. What conversation is knocking at your door right now? | <input type="checkbox"/> |
| 3. In your conversations, how often are you coming out from behind yourself and making it real? | <input type="checkbox"/> |
| 4. Which of the 7 Principles are focusing on, and what is the impact of that added focus? | <input type="checkbox"/> |
| 5. Can you think of a recent conversation where the real issues weren't being discussed? What are the prices you are paying for letting things go unresolved? | <input type="checkbox"/> |
| 6. Remember, while some might be fearful of the "real" conversations, it's the unreal conversations that ought to concern us because they can be incredibly expensive. | <input type="checkbox"/> |
| 7. Starting today, find at least one opportunity to leverage the 4 Objectives and be Fierce everyday. | <input type="checkbox"/> |
| 8. How well are you interrogating multiple realities? | <input type="checkbox"/> |
| 9. When you are in a conversation, how well are you working to Provoke your own Learning? | <input type="checkbox"/> |
| 10. How will being better at conversations allow you to Tackle Tough Challenges? | <input type="checkbox"/> |
| 11. How well did you focus on Enriching Relationships in your last conversation? What was the impact? | <input type="checkbox"/> |
| 12. Starting today, tune in to yourself. Are you avoiding the topic, changing the subject, holding back, avoiding the truth, being imprecise, or simply checking out? Stop, take a deep breath, and say what is real and true for you. | <input type="checkbox"/> |
| 13. What recent conversation have you participated in where the real issues weren't being discussed? What are the prices you are paying for letting things go unresolved? | <input type="checkbox"/> |

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| 14. Having Fierce conversations won't always be easy or comfortable, and they are necessary if you want to achieve results. How committed are you? | <input type="checkbox"/> |
| 15. Where are you seeing Transformational Idea 1 (gradually, then suddenly) show up in your life right now? Which of your "graduallys" should you be tracking? | <input type="checkbox"/> |
| 16. In your next conversation evaluate your context. How might your context be getting in the way of the results you want? How can you expand your context to achieve better results? | <input type="checkbox"/> |
| 17. Starting today, evaluate if your conversations are creating emotional capital and strengthening your relationships with those around you. Remember, this happens one conversation at a time. | <input type="checkbox"/> |
| 18. As leaders we say we want "real" conversations, but when an opportunity presents itself, are you choosing to be authentic? Are you saying what you truly think and feel? Why or why not? | <input type="checkbox"/> |
| 19. Who deserves your praise today? Initiate that conversation. | <input type="checkbox"/> |
| 20. Remember, insight occurs in the space between words. What will you gain by incorporating more silence into your conversations? | <input type="checkbox"/> |
| 21. We all desire connections that bring us closer together. How will you continue to improve your Smart + Heart and how will you and those around you benefit? | <input type="checkbox"/> |
| 22. Remember what it was that made your Best Boss, your Best Boss? How will you apply those same behaviors to the conversations with those you work with? What would be the impact ? | <input type="checkbox"/> |
| 23. Remember, being Fierce is not about others: their reactions, their words, or their behaviors. Being Fierce means putting yourself in charge of the conversations that are central to your success. The 7 Principles, 3 Transformational Ideas, and the 4 Objectives are your tools to getting the results you want. | <input type="checkbox"/> |
| 24. Which of the 4 Objectives are you most often overlooking? Write it on a sticky note at your desk and focus on it for the next 30 days! | <input type="checkbox"/> |