



tools to level up your leadership

Questions During the Pandemic
(and at other times too)

How are you?

What are you enjoying the most during this time?

What are you struggling with the most during this time?

What are some new rhythms you are learning?

Which of those rhythms would you like to take with you?
Which rhythms would you like to leave behind?

What are you learning about yourself?

Which room in your home are you becoming more familiar with?

What are some things you enjoy that you are unable to do?

Have you found new ways to pursue them?

What are you doing to move toward your personal goals?

What support do you need?

What superpower would you like to have and why would it be helpful right now?

How is your family?

How are you taking care of yourself?

What are you finding most challenging?

What have you discovered about your comfort zone?

How are you growing yourself/stretching your comfort zone?