

What I Need to Be at My Best

A Self-Coaching Exercise

developed by Shana Montesol Johnson, Career/Executive Coach

Read the blog post at

<http://developmentcrossroads.com/2011/09/want-to-succeed-at-work-go-ahead-be-a-diva>

1. Brainstorm the conditions, resources, and support that will help you perform/work/be at your best (use reverse side of page if more space is needed):

2. Circle the 5 most important elements from question #1 above.

3. What could you do to put in place (or influence the development of) the 5 elements you circled above? Brainstorm actions you could take: today, this week, and this month.

TODAY

THIS WEEK

THIS MONTH

4. Look at the three lists of actions in question #3. Circle one action in each column that you are committed to doing in the relevant timeframe (today, this week, and this month).
5. Write the name of a person you will share this with and ask him/her to hold you [accountable](#) to completing it.

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