

APPENDIX B: THE SELF-AWARENESS & SELF-IMPROVEMENT QUESTIONNAIRE

Complete this task and questionnaire every three months.

Task: Reread Chapter One, *The Need For Self-Awareness and Self-Improvement* and then answer the following three questions.

Question #	Self-Awareness & Self-Improvement	If Yes	If No
1	Am I taking care of the “little kid” in me with mindful eating, proper sleep, exercise and possible holistic therapy?	Continue doing what you are doing.	Understand why not and try to improve. Work with a coach, if possible.
2	Am I getting occasional (monthly or quarterly) feedback from people who matter? (That could be my friends, spouse, partner, team mates, boss, peers and/or others).	Continue doing what you are doing.	Ask people who matter, for honest, constructive feedback, in the best way that works for them and you.
3	Do I have a coach? Am I comfortable with the person and getting value? Remember, a coach is like a trainer.	Continue doing what you are doing.	If you have not got a coach yet, ask yourself why? If possible, get one. Change the coach if you are not happy. Without one, you may be cheating yourself in life.