

## Being True to Self

You may chose to reflect on these questions on your own, with your mentor, or with your coaching Triangle:

- What do you stand for?
- What values do you hold highest?
- What principles are important to you?
- What action do you take when your values, beliefs/principles are being challenged?
- What might cause you to compromise your values, beliefs, or principles?
- What do you wish you did differently? What beliefs would you like to change?
- What motivates you?
- How do you know when you are not true to yourself?
- As a leader, what role does being true to yourself play?
- As a leader, how do you support others to be true to themselves?
- What are the benefits to organizations when its leaders and employees are true to themselves?

You have a choice to be who you are...  
Who do you choose to be?

### Coaching Question:

In what way can you use these questions to help you in your personal growth and in attaining your goals?