

QUESTIONS TO INSPIRE ENDURANCE & MOTIVATION AND IDENTIFY RED FLAGS

1 Purpose

Provides a powerful source of motivation and endurance

- What really gives you a sense of energy?
- What's your North Star through all of this?
- How does what you are doing right now, continue to fit into the big picture?



WHAT TO WATCH OUT FOR

- Decreased interest in daily activities
- Procrastinating responsibility
- Unclear on goals
- Feeling stuck

My Answers

Team Answers

2 Mental

Focuses physical and emotional energy on the task at hand

- How are your focus levels?
- How are you going with taking regular breaks?
- What's occupying your thinking?



WHAT TO WATCH OUT FOR

- Difficulty concentrating
- Racing thoughts
- Negative thinking or constant worry
- Delaying decisions or poor judgement

My Answers

Team Answers

3 Emotional

Creates the internal climate that drives the right performance state

- What have you been noticing about how you have been feeling?
- What's been triggering that and how are you managing your response?
- How has that been working for you?



WHAT TO WATCH OUT FOR

- Feeling overwhelmed
- Agitated or unable to relax
- Irritable or short tempered
- Persistent low mood

My Answers

Team Answers

4 Physical

Builds endurance and promotes physical recovery

- How are you maintaining a sense of balance?
- How are you sleeping?
- How are you doing with getting out and about?



WHAT TO WATCH OUT FOR

- Tired
- Restless Sleep
- Low immunity
- Muscle tension
- Change in appetite

My Answers

Team Answers
