

## **MINDFUL QUESTIONS FOR HIGH PERFORMERS**

*Ask yourself these questions several times a day.  
Keep this page near your computer or work area at all times to  
remind yourself of what to focus on as you seek to be more,  
achieve more and serve more.*

### Productivity

What is my intention today?  
What are 3 things I want to accomplish  
today?  
What are 3 things I can truly be grateful  
for today?

### Influence

Where can I apply my unique skills and  
capabilities to influence with integrity?  
Can I be aware of my internal voices of  
judgement, cynicism and fear to remain open  
to learning?

### Mission

Am I living in integrity?  
What do I stand for?  
What defines how I will interact with  
others?

### Wellbeing

Do I take care of myself?  
Am I sleeping, eating, exercising and hydrating  
enough to have the energy I need?  
Do I engage in reflective practices?

### Presence

Do I give complete attention to what is happening in the moment?  
Am I self aware and receptive to my thoughts and feelings?  
Am I aware of my impact on others?  
Do I say what I mean and mean what I say?

### Purpose

How can I provide service in the world?  
Am I making a positive difference?  
What is my legacy?