1. Recall where you were when the coaching journey started, and where you are now. What achievements (internal and external) would you like to celebrate?
2. Looking at each Pillar give yourself a score from 1 - 10 for how much you were living in that pillar before and after the program. 10 is fully living in it all the time and 1 is not at all.

 Pillar Before After

|  |  |  |
| --- | --- | --- |
| 1. Prioritized
 |  |  |
| 1. Real
 |  |  |
| 1. Connected
 |  |  |
| 1. Perspective
 |  |  |
| 1. Self-Aware
 |  |  |
| 1. Magnetic
 |  |  |
| 1. Collaboration
 |  |  |
| 1. Confident
 |  |  |
| 1. Shining
 |  |  |

1. What gifts have you gained from this journey that will support you into the future?
2. Where did you grow the most?
3. Are there any changes that you are committed to?
4. Are there things that remain unresolved? What do you need to do? What does your soul desire?
5. What were some of your most important discoveries?  What tools and techniques do you now have?
6. According to what you learnt how have you unleashed the DYNAMIC woman in YOU?