



At my best®

Type: One-to-one activity

Duration: 60-90 mins

Why do it?

Try this exercise when you're coaching or managing someone who wants to make a change.

What you'll need:

A pack of Good Question Cards

Notepaper and pen

Tell us...

Do you have any suggestions about this exercise? We'd love to hear your ideas for making it even better or adapting it to suit particular circumstances or audiences.



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Moving Toward Change

1. Take cards 25 to 48 and arrange them into the 3 colour-coded families.
2. Ask the person to choose 3 questions from each family and answer each in turn, moving from the lowest numbered card through to the highest.
3. After each set of 3 questions, ask them whether there's anything they want to be doing differently, based on their responses. Encourage them to create an action plan.