



Model Executive Consulting

Self-Investment Reflection: (10) Questions to evaluate when deciding to invest in your Personal & Professional Development

- 1) How do you think you show up in the world? How do others perceive you? Do these two align?
- 2) Are you clear about your impact... How do people describe you when you are not around?
- 3) Is your presence consistent across all environments (in person, virtually, on social media)?
- 4) Does your introduction spark interest and engagement?
- 5) How do your body language, posture, facial expressions, attire, gestures, and conversation affect others?
- 6) Are you seen as a Leader... professional, prepared, and polished in all communication?
- 7) Do you feel challenged when introducing yourself, starting conversations, sharing your value proposition, or engaging with strangers?
- 8) Can you comfortably deliver your 30-second elevator pitch and adapt it to any scenario?
- 9) How do you interact with others at meetings, conferences, dinners, cocktail parties, or networking events?
- 10) Are you aware of your audience and clear on the objective or call to action to encourage further engagement?

Investing in yourself through self-awareness and continuous improvement can lead to greater professional success, stronger personal relationships, and a more fulfilling life.

Remember, the journey of personal growth is ongoing, and regularly evaluating will help you stay aligned with your goals and aspirations.

Keep striving to be the best version of yourself!