MISSION TO EXCELLENCE INTERVIEW:

1) What is your target area for improvement?

2) What are you doing that you don’t want to do, or failing to do that you would like to do? What would you like to change, make better, or act on more consistently?

3) Where, when, and under what circumstances is the greatest need or challenge for change or improvement? In what situations does a problem usually come up? What kinds of demands or expectations are being placed on you at that time? What are you thinking, feeling or focusing on?

4) How important is it for you to improve your reaction or performance in this target area?

5) think about the times when you have been in this situation and your focus, response, or performance has been at it’s best. What was going on then? What were you doing or saying to yourself? What were you focused on?

6) What about the times when your response or performance seemed at its worst? What was going on then? What were you doing or saying to yourself? Where was your focus?
7) What seems to be the major difference between your best and less than best responses, experiences, or performances with respect to...

   a. Taking care of your own needs for rest, nutrition, personal space, and simple joys?

   b. What you are thinking about before the experience or performance (for example, your attitude, focus, or feeling going into it)?

   c. What you are focused on during the experience or performance?

   d. What is going on around you, or what others around you are doing or not doing?

8) What do you think you can do to improve the situation, your response to it, or your performance within this situation?

9) Have you made a strong enough commitment to make a change in this target area by regularly practicing or working at improving your focus, response, or performance in this area? Are you prepared to make that commitment now?