



Personal & Professional Assessment

Check-in:

Where are you now in your personal life?

1. What are your top 5 personal priorities?
2. Is there anything you find yourself constantly thinking/worrying about as you start your day?
3. How would you describe your current attitude toward your Pilates self-practice?
4. How are you living your life to be the best version of yourself?

Where are you now in your teaching?

1. What are your top 5 teaching/professional priorities?
2. How would you describe your current attitude toward teaching?
3. Reflect on a recent teaching success and make a list of all the skills, strategies, talents or tools you were able to successfully employ:
4. Reflect on a recent teaching challenge and make a list of what you feel like you would like to do different next time. What skills, tools, strategies, talents could you rely on, use or develop?

Pivotal Questions:

1. What kind of teacher do you want to be?
2. What are your top 5 Core Commitments?
3. What is Pilates to you?
4. What results or outcomes are you most committed to providing for your students?
5. What is your Authentic Invitation?
6. How do you want your students to practice? (Consider your answer to #3 and #4.)

Your Teaching Vision:

Describe your dream teaching-self & situation -- what's your most amazing, most vibrant, bold and audacious fantasy?

- Where do you see yourself in 1 year?
- Where do you see yourself in 2 years?
- Where do you see yourself in 5 years?