

## Sample Check Questions:

### First Month:

- x How are you feeling about your job overall?
  - x How confident are you in your ability to do your job?
  - x What is your main concern at the moment?
  - x What idea is overwhelming you?
  - x What is confusing you?
  - x What is exciting you?
  - x What is causing you doubt?
  - x What is making you hesitate?
  - x What inspires you?
  - x What is something that made you proud
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- x What time of the day are you least alert?
  - x What do you need help with?

### 3 Months:

- x On a scale of 1 to 10, how satisfied are you with your job?
  - x On a scale of 1 to 10, how valued do you feel at work?
  - x On a scale of 1 to 10, how supported do you feel at work?
  - x On a scale of 1 to 10, how well do you feel you fit in with and get along with your colleagues?
  - x On a scale of 1 to 10, how respected do you feel?
  - x What does your daily routine look like? What tasks are you struggling with?
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- x What tasks are you excelling at?
  - x What are you feeling most positive about?
  - x What are your favorite parts of your job?
  - x What are your favorite aspects of the company?
  - x How do you feel about your team?
  - x How do you feel about your relationship with your manager?
  - x What could be improved about your role?

6 Months:

- x What have you been working on?
- x What excites you most about work lately?
- x What have you learned since our last ~~check~~ check
- x What steps have you taken to improve since our last check