POWERFUL QUESTIONS

Wheel of Life

- What stood out to you from your wheel of life?
- What area do you feel most satisfied in?
- What area do you feel you are most ready to grow in?
- What would success look like in this area?
- What needs to change for you to experience that success?
- What unique qualities or talents do you bring to help you be successful?
- What are you learning about yourself right now?
- What is one small step you could take to move forward in this area?
- What might get in the way of success?
- What resources or support do you need to be successful?
- How is your life different as a result of what you've learned?
- What are you taking away that you can apply in the future?

POWERFUL QUESTIONS

Checking In

- So, how have you been?
- How did the action items from our last session go?
- What was easy about following through on those actions?
- What was hard about following through on those actions?
- What would a home run in your life look like this week?
- What's been working for you since our last conversation?
- What hasn't been working for you?
- What do you need most from me today?
- So, what have been your 'highlights' since our last chat?
- So, what have been your 'lowlights' since our last chat?
- I'm curious, how do you think I can help you this week?

POWERFUL QUESTIONS

Setting the Agenda

- What do you want to work on today?
- What, if you got it finished this week, would make you jump for joy?
- What is the biggest change you are willing to make today?
- What would be the most helpful thing for you to take away from this conversation?
- What if you worked on it right NOW, would REALLY put a smile on your face?
- Imagine you've just had an ideal week. What 3 things did you complete?
- What could we work on that would help you the most over the next few weeks?
- If you could change just one thing this week, what would it be?
- What's a big change that you would need to make in yourself in order to achieve your goal?
- What's the impact on your life if we were able to make those changes in yourself to achieve this goal?

POWERFUL QUESTIONS

Learning Questions

- What are you learning about yourself?
- What do you hope to learn about yourself?
- What are you learning about this process?
- If you could learn one thing that could change the course of your life, what would that be?
- Who do you most admire?
- What specifically do you admire about him or her?
- What are you learning about the characteristics that you admire in others?
- Why do you want to move forward?
- What values are most important to you?
- What specifically about that value is exciting to you?
- What is your ideal solution?
- What is holding you back?
- How is your action aligning with your intention?

POWERFUL QUESTIONS

Learning Questions

- Who could you ask for help in achieving your goal?
- Who should you be hanging out with so that achieving your goals becomes natural?
- Who else has achieved your goal?
- What resources do you already have to achieve this goal?
- What obstacles may get in your way?
- What could move you towards your goal right now?
- How serious are you about this?
- Why do you want your goal?
- Why is this goal important to you?
- What do you really really really want?
- What are the outcomes - what will come out when you achieve your goals?
- How will achieving this goal benefit you?
- What will happen when you get your goal?

POWERFUL QUESTIONS

Learning Questions

- What is most important to you about your goal? What MUST happen?
- Why did you choose this goal?
- If you got this goal, what would it do for you?
- What are your required outcomes?
- What would be your ideal outcome?
- If you could have this goal RIGHT NOW – would you take it? Why or why not?
- How important are your goals to you personally?
- How will making this change affect other areas of your life?
- Is this goal only for you? Who else may it affect?
- How does this goal align with your values?
- Is this goal in line with the overall vision you have for your life? What's your gutfeel about that?

POWERFUL QUESTIONS

Being Questions

- Who do you want to become?
- Who are you being now?
- Who were you before?
- What aspects of who you were before serve you now Which aspects don't serve you now?
- Who do you need to be to accomplish this goal?
- What characteristics do you have that you most admire?
- In accomplishing your goal, who do you want to be?
- When you are at your absolute best, who are you being?
- What does “being a good fill in the blank” mean to you?
- When you are at your best, what characteristics do you naturally display?
- What do you think people most admire about you?
- What about yourself do you fear?
- What about yourself do you most admire?

POWERFUL QUESTIONS

Doing Questions

- From where you are now, what would be a first step that you could feel good about?
- Think of someone successful you admire. What would they do next?
- If I were to snap my fingers, and you knew what you needed to do, what would that action be?
- What do you need to do before you do anything else?
- So, if that seems a bit of a stretch from where you are now, what are a couple of stepping stones along the way
- What are you NOT ready to do just yet? What could you do in the meantime?
- What MUST you do going forward?
- What one small step could you take to move forward?
- Which action leaps out at you?
- What's an action you could take straight after this conversation?
- What’s an action you could take right now, during this conversation?

POWERFUL QUESTIONS

Doing Questions

- What can you do today?
- Based on our session today, what is it that you know you need to do?
- Based on what you've learned today, how can you implement that learning?
- Based on what you've learned today, how can you turn that into an action?
- How can we make this action specific and measurable?
- What will you do in the next 24 hours?
- Which action/s can you see yourself taking this week?
- What are three actions you could take that would make sense this month?
- Imagine you've just had an ideal week. What 3 things did you complete?

POWERFUL QUESTIONS

Closing Questions

- What have we learned today that will take you forward?
- What do you feel the most beneficial part of the session was?
- So, what have you taken away from this conversation?
- What was your biggest 'win' of the session?
- What specifically have you achieved or are doing differently as a direct result of our conversations?
- What are your top 3 goals and dreams in life right now?
- What are your top 5 priorities in life as you now understand them?
- What limiting beliefs have you let go of - eg. about yourself, life, others?
- What positive new beliefs do you have - eg. about yourself, life, others?
- What specifically have you learned about yourself?
- How is your life different as a result of what you've learned?

POWERFUL QUESTIONS

Closing Questions

- What have you learned that you will carry you forward in life?
- What has been the best part of the coaching for you?
- What are the best things about your life?
- What else would you like to note down that would be useful to you going forward?
- What did we do well today?
- What can we do better?
- What would you like to acknowledge in yourself as a result of our session today?
- Our agenda today was (Fill in the blank). How do you feel we did on the agenda today?