



# **SAMPLE COACHING QUESTIONS**

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- What does your ideal scenario look like?
- How do you want to feel with your spouse/child/co-worker? (Follow up:
  - What would enable that feeling?)
  - How would your life change if you ...?
  - What's really holding you back?
  - What conversation is it time to have?
  - If you knew the answer, what would it be?
  - What are you afraid will happen if you do what you really want to do?
  - Hmm ... What does that mean to you?
  - What could you do differently next time?
  - What is the single, most meaningful change you could make in that area?
  - How is someone's life better when they cross your path? (Personal mission question)
  - What do you really want?
  - What opportunity does this challenge present?
  - What message is being offered in this situation?
  - What's your gut reaction?
  - What are you not saying right now?
  - If you couldn't fail, what would the goal be?
  - What brings you joy?
  - What are you afraid of?
  - What's the low-lying fruit it's time for you to take advantage of?
  - Where are you irresponsible?
  - How is this affecting you?
  - What are you most anxious about? (Or what do you sometimes lose sleep over?)

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- How could you raise the bar and embrace a higher standard?
- What will you gain by reaching this goal?
- What do you most hope to accomplish by having a coach?
- Are we on track with where you want to go with this session?
- What timeline are you on for completing this next step?
- What do you want to be different in your life one year from now?
- How do you want to celebrate this milestone?
- What or who is draining your energy right now?
- What conversation is it time to have?
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- What else can you tell me about that?
- What is the first step on that new path?
- When are you at your best?
- What are you passionate about?
- What would it feel like to stretch that goal? (Or double/triple/quadruple that goal?)
- What goal would really get you excited?
- What have you always wished you could accomplish?
- Who will you have to become in order to step fully into your mission and vision?
- How would you like to feel?