

50

of the *Most Powerful* Coaching Questions

1 What areas of your life could be upgraded/ tweaked?

2 What do you want MORE of in your life? (Make a list)

3 What else?

4 How will you know when you have what you want?
What will you see, hear, feel?

5 What one change could you make to your lifestyle that would give you more peace?

6 What stops you from having this now?

7 What have you been tolerating/putting up with that is no longer serving?

8 Who might benefit in your life when you make these changes?

9 Who else might be impacted positively or negatively?

10 What do you want LESS of in your life? (Make a list)

11 Is there anything else you'd like me to know about this?

12 What could we work on now that would make the biggest difference to your life?

13 What's important about that?

14 If you were to FULLY live your life, what is the first change you would make?

15 What will happen for you when you make these changes?

16 What WON'T happen if you make these changes?

17 What WON'T happen if DON'T make these changes?

18 What's the payoff in keeping this problem?

19 Who (if anyone) will it be hardest on when you make these changes?

20 What would you try now if you knew you could not fail?

21 What comes up for you when you think about that?

22 If you were to call me 3 years from today—and refer back to this conversation—what did we discuss that was a turning point?

23 What habits GIVE you ENERGY?

24 What habits DRAIN you of ENERGY?

25 When you look in the mirror, what do you notice first, second, third?

26 What would you most like others to know about you?

27 Who in your life do you feel most understood by?

28 Who in your life do you wish to feel more understood by?

29 What would you like to be experiencing in your family, career, health, relationships etc.?

30 What do you know that you love doing that you haven't prioritized in a while?

31 Where do you deny yourself fun, pleasure, ease?

32 What would it look like to you if the situation was resolved?

33 Can you give me an example of that?

34 What would you do if you had more time?

35 What would you do if you had more money?

36 What do you worry about most?

37 How do you know that's true?

38 What else might be true?

39 What might someone believe in order to have that experience?

40 How would you coach a client with this same challenge?

41 On a scale of 1-10, how committed are you to having this be different?

42 When would you ideally like to get started?

43 What if anything might you have to clear to make space for this in your life now?

44 As you step into being a YES to these changes, what do you notice in your body?

45 What advice would your future self (3 months from now) have for you in this moment?

46 What decision would you like to make about this right now?

47 What are you most excited about as you take this first step?

48 What 'AHA' or insight would you like to take with you from this conversation?

49 What is the ONE thing you will do today that will move you measurably closer to your goal?

50 Anything else you'd like to share?

