

## 25 Coaching Questions

1. You said you felt \_\_\_\_\_. What do you think is behind that feeling?
2. How would you like it to be?
3. What will really make the biggest difference here?
4. What does your intuition tell you about this?
5. What makes \_\_\_\_\_ that valuable to you?
6. What have you done to solve problems like this before?
7. What would be your ideal result from \_\_\_\_\_?
8. What's the worst that can happen, and can you handle that?
9. When your \_\_\_\_\_ (parent/teacher/coach/sibling/friend) acted \_\_\_\_\_  
(summarize action) toward you, what judgments or conclusions did you make about them?
10. What would you imagine as other possible motives for their actions?
11. And what else? (The AWE question)
12. What will you have to give up in order to make room for your goals?
13. If you don't change this, what will it cost you in the long run?
14. So, you said you can't do \_\_\_\_\_, is there something between here and there  
that you could do now?
15. What are you pretending not to know?
16. What good could come of this?
17. What were you expecting to happen in this situation?
18. How can you learn from this problem, so it never happens again?
19. What are you willing to do to improve this situation?
20. Who can help you with this?
21. Who do you need to become in order to succeed here?
22. What could you do to see if what you are thinking is true or just an assumption?
23. Which one of your choices would help you the most in the soonest amount of time?
24. Is this the best outcome you can imagine or is there something greater?
25. How can you learn what you need to know about this?