



The best questions you'll ever ask yourself

Seeking clarity

- What is the current situation?
- What's actually happening?
- What is it that you want to accomplish?
- What will it provide you with?
- What are you willing to do to make this happen?
- How is life now?
- How committed are you?
- What makes this an issue for you?
- What does 'happy' mean to you?
- Are you clear about what we've agreed you will do?
- What words do you use to describe yourself?
- What do you want instead?
- Will doing this task take you closer to the goals you have identified?
- What do you want more of in your life?
- What seems important about that right now?
- What would you have wanted to have happened?
- What is the conclusion you are drawing about that now?
- Who else is affected by this?
- What are you excited about in your life now?
- What about that makes you excited?
- How does that make you feel?
- What have you learnt today?
- How has today added to the quality of your life?
- What do you want more of?
- What do you want less of?

Gaining momentum

- What actions will you take?
- What will you do next?
- How will you do it?
- When will you do it, with whom?
- On a scale of 1 to 10 how willing are you to take those actions?
- Would it work for you to do that today?
- When will you do that?
- What concerns do you have about that?
- What's stopping you from...?
- Have you overcome difficulties in the past? What were the strengths you called upon?

Getting direction

- What is your long term outcome?
- What would success look like?
- What steps will you take to review your progress?
- Are the actions being taken?
- What is it you think I can provide that you don't have?
- What else do you want to work on? yourself?
- What criteria did you use to determine this?
- If there's one thing you could have done differently, what would it have been?
- Is it morally fair to all concerned?
- What have you decided to do differently?
- What are you committed to in your life right now?
- What have you given today?
- In what ways have you been a giver today?
- What can you give tomorrow?

Development options

- What choices do you have?
- What are the consequences of each choice?
- Which choices have the best consequences?
- What steps can you take to fulfil this?
- What would that look like?
- What would happen if you didn't ...?
- If not you, who?
- What advice would you give yourself if you were the coach?
- What is possible?
- Imagine you have a friend who knows you inside out – what advice would they give you?
- What have you learnt?
- If you did know, what do you think the answer might be?
- What could you do about that right now?
- What might stop you from doing that?
- How would you react if that situation arose again?
- What thoughts are you having now?
- What is great about this problem?
- What is not perfect yet?
- What are you willing to do to make it the way you want it?
- What are you willing to no longer do in order to make it the way you want it?
- How can you enjoy the process while you do what is necessary to make it the way you want it?
- What are you happy about in your life now?
- What about that makes you happy?
- How does that make you feel?
- What are you proud about in your life now?
- How can you look forward and overcome this obstacle?

Having commitment

- Are the actions moving you towards your outcome?"
- Who, specifically? What, specifically? How, specifically?
- What are you going to do today to get the extra gusto in your life that you deserve or seek?
- How will you overcome that?
- What's the up side?

Dealing with limiting beliefs

- What, or who, had particularly inspired you?
- What has surprised you?
- What makes you brim over with pride?
- What makes you feel exhilarated?
- What frustrates you, and what keeps you trapped there?
- What do you remember seeing/hearing/feeling?
- How does the situation affect how you behave now?
- What have you learnt from this?
- What are you grateful about in your life now?

More information about coaching can be found at www.dept707.co.uk/coaching, along with complimentary resources and a selection of helpful exercises. To speak to us about coaching please call 0117 300 5213