

Thoughtful Coaching Questions

Enjoy and use this valuable compilation from a variety of sources. You may find just the right question you need at just the right time...or add others.

What is out of synch for you, and how do you get that back?
What does 'balanced' look like to you?
What if you did have enough money to do that?
What if you did make friends easily?
What if you were able to get past your (fill in the blank)?

What if your employees were properly motivated?
What will be different when you have your solution?
What is missing for you?
What is it about this problem that is problematic?

What do you like about your likes?
What's missing in life for you?
Right this moment, what physical sensations can you identify?
Why are you telling me this?
What will it mean for your life/business/career if you don't, (fill in the blank)?
What will be different about the way you see yourself if you, (fill in the blank)?
What major fear will you be addressing if you, (fill in the blank)?
What 'magic solution' would make that fear decrease/disappear?
How can you/ Who can help you make that, 'magic solution' become reality?
What makes that important to you?
Where do you know you are stopping short?
How is that working for you?

When are you at your very best?
How will it feel to do that?
What other options can you think of?
How does that fit in with your goal?
What is the worst thing / the best thing that could happen?
If you take this step, what would you do next?
What inspires you about you?
What is the gift in this challenge?

Who do you need to be . . . to invite the flow of effortless manifestation?
What is your legacy to the world? Your special 'mark' you want to leave?
How do you know?
What can you control in the situation?
What can't you control in the situation?
What might you control that you haven't been?

And we can always add more...