

# Powerful coaching questions

## Self-reflection

1. What role do you play in this?
2. How do you want your life to look in 6 months' time?
3. What are you learning about yourself?
4. What would make you the happiest?
5. Why is that meaningful to you?
6. Is that a story or the truth?
7. What are you responsible for in this situation?
8. How have you grown from this?
9. Who else is this situation/problem hurting?
10. How does this align with your personal values?

## Goals

1. What do you desire the most?
2. What are you willing to commit to?
3. Who wouldn't like it if you succeeded?
4. Do you want this for its own sake or are you trying to avoid something else?
5. Is this giving you energy or draining your energy?
6. Is this goal pulling you forward or are you struggling to reach it?
7. What's the first step you need to take to reach your goal?

## Taking action

1. What is stopping you or making you hesitate?
2. What can you do differently?
3. What is holding you back?
4. How can you move forward?
5. What's the one thing you can do to change the situation?
6. Will this choice move you forward or keep you stuck?
7. What's the worst that can happen, and can you handle that?

## Clarification

1. Is this what you want to be coached on or are you just sharing?
2. Does this story empower you or disempower you?
3. Would you be open to me sharing an observation?
4. Do you have a gut feeling about this?
5. Who can help you with this?
6. Why does it matter?



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