POWERFUL QUESTIONS IN COACHING

GOAL SETTING
- What do you want to accomplish this year/with this project?
- What does success look like?
- By the end of this project/year, how do you want to feel?
- If you were to wake up tomorrow and things were different, what would that look like?
- How will you measure your progress/success?

EXPLORING OPTIONS
- What options do you have for moving forward?
- What does your gut tell you that you should do?
- What is really important to you right now?
- What might work best for you?
- How have you handled this successfully in the past?
- Who do you know who has been in a similar situation; How did he/she handle the situation?
- If you were advising a friend what would you suggest?

SETTING THE PLAN
- What is your plan? What is your timeline?
- What are some key milestones to measure progress?
- When do you want to accomplish this?
- What is your 30/60/90-day plan?
- On a scale of 1 to 10, how committed are you to this course of action?

ACTION AND SUPPORT
- What are your next steps?
- If anything was possible what would be your ideal course of action?
- How do you want me to hold you accountable to your goals?
- How can I best support you?

REVIEWING AND EVALUATING PROGRESS
- What have been your highlights/wins since we last spoke?
- What has gone well for you?
- What progress have you made?
- Where did you take risks?
- What have you learned?
- When things were going well for you, what was happening?
- When did you last feel energized? What was happening for you?