

Coaching Questions Bank

When you ask yourself powerful questions, you get powerful results. Use the following prompts whenever you feel stuck to help you uncover limiting beliefs, identify patterns, and find solutions to the challenges you're facing. Select 1-3 questions that stand out to you the most and reflect or journal on them. Taking ownership of your own development and decision-making boosts your confidence, motivation, and success.

SETTING GOALS

- In moments of difficulty, what STRIVE quality is being thrown off balance?
- In moments of strength, what STRIVE qualities are supporting me?
- What would 10% improvement look like?
- How would my life be different after I have achieved this goal? How will I know I have been successful?
- Why do I want this goal? What are my motivations and what benefits am I hoping for?
- What might get in the way of me achieving my goal? How can I create contingencies?
- If I didn't change anything, who would I be 5 years from now? Would I be satisfied with that?

CONFIDENCE & OVERCOMING IMPOSTER SYNDROME

- What unhelpful story is under my fear? What's a more helpful story that serves me better?
- What does my future self, who's already there, who's already successful, advise me to do?
- What if I believe the opposite of what is troubling me? What is the opposite of my fear?
- What worst-case scenario? Best case? Most likely?
- What grounding techniques can I practice to calm and center myself?
- How is this challenge *for* me instead of *against* me? What might this challenge be teaching me?
- Where do I need to let go of needless pressure I'm putting on myself to do everything "right"?



HABITS & BALANCE

- What does taking care of myself look like in this instance?
- How can I set up my day around my energy to ensure I prioritize the highest value work?
- What boundaries am I committing to ensure I can be at my best?
- In what ways am I making time and space to take care of myself?
- Which habits do I need to be getting ready to start, and what needs to be in place to do that?
- How am I diversifying my interests and making time for things I enjoy outside of work?
- What is something that is essential that I'm currently under-investing in? What is non-essential that I'm over-investing in?
- How do you create a system that makes executing what's essential as effortless as possible?

DECISION-MAKING

- When I've made tough decisions in the past, what helped me arrive at a solution?
- What would my personal hero do?
- I am 90 years old looking back at this moment in time. What decision would make me feel proud?
- If my life depended on taking action, what would I do?
- If I had free choice in the matter, what would I do?
- If I believed that whatever I chose would be good, what would I choose?
- What would the next step look like if it were easy?

SELF & TEAM LEADERSHIP

- Where do I need to ask for help?
- How can I communicate my expectations clearly? What do I need to make explicit?
- What am I making this feedback mean about me?
- What is useful in this feedback? What can I discard?
- In what areas do I need to speak up and use my voice more?
- How closely are my actions tracking with my values?
- What relationships need tending to?
- What am I doing to celebrate and reflect on my accomplishments and what is going well?

