

## 50 Empowering Questions to Support Your Coaching:

1. What's the way forward?
2. What do you want your life to be about?
3. Who do you want to be and what experiences do you want to create?
4. How does that serve you in terms of who you are and who you want to be?
5. How are you giving your best where you have your best to give?
6. What do you want to accomplish?
7. What do you want to do more of each day?
8. What do you want to spend less time on?
9. If this situation were to never change, what's the one quality you need to truly enjoy it?
10. What's right with this picture?
11. What can you be the best at in the world?
12. What's the most effective thing for you to focus on?
13. What's the goal? ... What are the goals?
14. What would success look like?
15. What do you need to be successful?
16. How are you creating the results you want?
17. What would make it worth the effort?
18. What's next?
19. What do you want to do?
20. What's best for you?
21. What's the best thing for right now?
22. What's the concern?
23. What's wearing you down?
24. What's lifting you up?
25. What do you want to experience more of?
26. What are you trading? ... What are you trading it for?
27. What did you learn that you can use next time?
28. What would you do differently next time around?
29. What would people pay you for?
30. How big is the pie, how big is your slice?
31. What's driving this? Is it push, pull or indifference?
32. What's the trend?
33. What's your constraint?
34. What do you want to say?
35. How can you teach it to someone else?
36. What's the right thing to do?
37. What makes now the right time?
38. What are you making time for?
39. What can you do all day long?
40. What are you spending the bulk of your time on?
41. How does your schedule reflect your priorities?
42. If you had all the time in the world, how would you spend your time?
43. If you had all the money in the world, how would you spend it?
44. What would make life more wonderful for you?
45. What's the impact?
46. What would you like to have happen? ... What would you like instead?
47. What's the opposite of that?
48. How might that be true?
49. What are you seeing that I'm not?
50. What's holding you back?