

Powerful Coaching Questions

The Top 4:

1. Miracle Question:
 - What would happen if overnight a miracle occurred and you (achieved your goal, solved your problem)?
2. Scaling Questions:
 - On a scale of 1-10: How would you rate yourself in...?
 How important is...?
 How much energy do you have...?
 How committed are you to...?
3. 24-hour Question:
 - What could you do in the next 24 hours?
4. No Failure Question
 - If you knew you couldn't fail, what would you do?

"NOW" Questions

- What brings you here today?
- How would you describe your situation
- What would you like to get out of today's meeting?
- Describe your three greatest accomplishments. What makes them stand out? What have you learned from them?
- What energizes you?
- How are you contributing?
- Who are the key people who support you? Who could support you? Who could help you?
- What situations bring out your best?
- What have you already started to put in place to achieve...?
- What would you rather have?
- What goals have you been considering?
- What ideas do you have?
- Which is the best idea?
- How do you see this situation?
- What are your options?
- How does that sound to you?
- What does that feel like?

"What if..." Questions (Pondering)

- I wonder what would happen if...?
- What if you had three wishes...?
- If you do or don't do this action what could happen? What are the consequences?
 - How serious would it be if this occurred?
 - How bad/good would it be?

- If things went your way, what would be different?
- Could you treat this as an experiment and see what happens?

Future Questions

- What would you like to achieve in the next (insert time period)?
- What are you going to do differently?
- What do you hope to gain?
- If you were to take one step toward achieving your dream, what would you do?
- What will be different for you afterward?
- What's the ideal outcome?
- What would a good outcome look like?
- Where would you like to be a year from now?
- How perfect does the solution have to be?
- How much is enough? Good Enough?
- How will you feel about this decision when you look back on it in two years?

Action

- When will you start?
- What could you do to begin your dream?
- What have you already put into place?
- What small action could you take in the next (insert time frame)?
- What's the next step before we meet again?
- What has to happen for you to begin to get more of what you want?
- If this is really what you want to do, why haven't you started?
- What would be a quick-fix solution? What is a more permanent solution?
- What will put you back in control?

About the Coaching Process

- How would other people be able to tell if our coaching has been successful?
- What do you want to take away from this session?
- If our coaching sessions work out, what will be different for you?
- What would you really like to do?
- Should we focus on X or Y (insert choices)?
- What are you committed to actually doing?
- What triggered your desire to change?
- What are the most valuable ideas and techniques you've acquired from coaching?
- Acting as a self-coach, how will you maintain and strengthen your gains from coaching?