



Thoughtful Questions

Think deeply, be truthful, and enjoy the inquiry.

1. What do I really need to know about you that will help me most in coaching you?
2. What do you see as your role in the coaching process?
3. What do you see as my role in the coaching process?
4. What will be the first small thing that might happen to indicate the coaching process is working?
5. How have you been motivated in the past to reach difficult goals, make difficult decisions, or do difficult things? How can we best utilize that motivator now?
6. Where are you most irresponsible?
7. Are you/should you be in therapy, and be resolving something?
8. What is the gift that you have that you'd feel great about orienting your life around?
9. How will you sabotage our professional relationship?
10. How willing are you to make substantial changes?