

SAMPLE POWERFUL QUESTIONS

Focus	Powerful Questions
Clarity/Direction	What is your focus? What do you want to accomplish, or change?
Motivation/Benefit	What is your motivation for _____? What will that get you/bring you? How will your life be different? What is the benefit? What is important to you about that?
Establishing a Baseline	Where are you starting from? What is your current reality? What resources do you have available? On a scale of 1-10, where are you now? Where do you want to be?
Clarifying	What does ___ mean to you? What does ___ look /feel like? What do you want? What will support you in being ___? (courageous, responsible) How will you know you have achieved it?
Action Planning	What will you do? How will you do it? What will that take? What resources do you need? What will support your success? What is your first/next step?
Accountability	By when will you take that step? How will you measure your success? What might get in the way? What is your commitment? What will support you in staying on track?
Evaluation/Learning	On a scale of 1-10, where are you now? What have you learned? What has shifted or changed? What will you take away/carry forward from this session?
Acknowledgment/ Celebration	How was that a win for you? How will you celebrate your breakthrough? Or success? What is the gift you gave yourself? Are you open for an acknowledgment? (yes/no)
Completion	How do you want to wrap up this conversation? What will support you in being complete with this session? What did you value (or learn) in this coaching session? Where are you now related to your desired outcome?