

# 107 Coaching Questions

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## Welcome to your Free Ebook!

*Our clients, like most people these days, are on social media constantly. Social Media can be a powerful way to build awareness of you and your brand, as well as show who you are and what you have to offer.*

*But do you ever feel **overwhelmed at finding "content" to share and post on your social media?** Well, no more!*

*Save yourself valuable time and effort on your Social Media Marketing with these ready-to-go tweetable questions!*

*Every question in this Ebook is a "Ready-to-go" Tweet (140 characters or less) which means they are perfect for you to just copy and use as posts for Twitter, LinkedIn or Facebook.*

*NOTE: This Ebook is aimed specifically at coaches - powerful coaching questions YOU can use for your business social media!*

**Use these coaching questions on social media ONCE daily,  
and they'll last you over 3 months!**

## Take the Leap!



*Don't wait any longer! This Ebook is a great tool to help build engagement with YOUR fans and followers and stay connected with your clients and prospects online.*

*Tip: Be sure to check and reply to people's answers to your coaching questions! This positions you as an expert, building engagement and trust too.*

## 107 Coaching Questions cont'd

1. "If you had a magic wand how would your life be different?" Then write one action you could take to move towards this.
2. "What do you secretly yearn for?" How could you bring some (some more) of this into your life - however small?
3. Get clear on your priorities: Imagine you've just had an ideal week, "What 3 things did you complete?"
4. "What's your favorite way of sabotaging yourself?" Tell us below!
5. Having trouble with a change/goal in your life? Answer this: "How does it suit you to stay exactly as you are?"
6. Powerful Question to ponder: "If you could ONLY change ONE THING in your life, what would it be? (and tell us below!)"
7. "What do you want MORE of in your life? What EXCITES and INSPIRES you?" (Make a list)
8. "What do you want LESS of in your life? What are you TOLERATING and Putting up with?" (Make a list)
9. Identify potential goals by asking: "What 3 things would make the biggest difference in your life?"
10. "What would a home run in your life look like this week?" Write a quick list!
11. Need clarity on a problem? Write down your answer using the prompt, "If I was to describe the problem in a nutshell..."
12. Have a problem? Ask yourself, "So, what's the problem in one word?" What did you learn?
13. "If there were just two rules that EVERYONE would have to follow what would they be?" (this gives clues as to your top values!)
14. Having trouble deciding? Ask, "What will I think about this 1 month, 1 year, 10 years from now?"

## 107 Coaching Questions cont'd

15. Create powerful goals: "If you dared to speak it, what would you make happen in your career/life?"
16. Stuck? Ask, "What could you STOP doing? Do LESS of? Do MORE of? CONTINUE doing? START doing?" Get brainstorming actions!
17. Feeling a bit sluggish? Try asking "What could you do if you didn't have to live with the consequences?"
18. List the top 5 things in life that give you joy: "What makes your heart sing?" (tell us below)
19. Ponder: "If you had more time than you needed - how would you BE different?"
20. "What ONE thing, if you finished it this week, would make you jump for joy?" Prioritise and do this FIRST!
21. "How much do I REALLY want this?" Score it out of 10! 8+ = Go! | 6-8 = Needs more thought | 5 or less = Stop & re-evaluate!
22. "If you were to FULLY and completely live your life, what is the FIRST change you would start to make?" (share below!)
23. Awareness is the first step! "When it comes to your goals, how do you get in your own way?"
24. Struggling with conflict? TIP: Try saying, "I have heard you and understood. Have you heard and understood me?"
25. "What's one thing that you could do to give yourself more peace financially?"
26. Powerful point to ponder: "What do you believe, that keeps you from being fully yourself?"
27. In a pickle? Think of someone you respect and admire then ask, "How would they look at this situation?"
28. Our stresses are largely self-created: "Where do you add stress to your life?"

## 107 Coaching Questions cont'd

29. "What does it mean to you to have a full and rich life?" Use your answers to ponder how to enrich your current lifestyle...
30. "What would you try now if you KNEW you could not fail?" Make a list of at least 10 things - and start ONE!
31. "What's one way to get more energy into your life?" Write down first thing that pops into your head. Now go and DO it!
32. Need new ideas? Ask yourself, "What are all the crazy, wacky things you could do to achieve your goal?"
33. "What are 3 things you are doing regularly that don't serve or support you?"
34. "When during the day do you usually have most energy?" TIP: Clear your schedule and do your most important tasks then.
35. "Who will you have to become to have all that you want?" (Remember BEING leads to DOING which leads to HAVING!)
36. "What 'priorities' do you have in life at the moment that sap your energy and motivation?"
37. "What (specifically) holds you back?" Make a list. What is the 'key' item that has the biggest impact on you?
38. Struggling to move towards your goals? Ask yourself, "What will happen if I do NOTHING?" What did you learn?
39. Making a tough decision? Be sure to ask "Is that me or my gremlin talking?"
40. "How long is it since you really, REALLY wanted something and went all out for it?" What does that tell you?
41. Powerful Question: "And what else?" Use when you need more information/deeper answers from yourself or someone else.
42. "What is the biggest misconception others have about you?"

## 107 Coaching Questions cont'd

43. "What's one change you could make that would give you more peace and calm?"
44. "When was the last time you did something 'big' JUST for you?"
45. "How much do you think you're worth?" How does that play out in your life?
46. "What's around the next corner in your life? What's just out of sight?" Use your answers to get inspired and focused!
47. Get connected to yourself with this simple but big question (or journaling prompt): "What's your dream for this lifetime?"
48. "What do you avoid?" And "How does this avoidance affect your life?" Give this some serious thought...
49. Stressed out? "Who are you trying to please?" TIP: It's probably not you, but it may be your inner critic!
50. "What are your Top 3 Priorities this week?" and "Do your activities this week reflect these priorities?"
51. List the Top 3 things that get in the way of your productivity. "Which is easiest to fix?" And, "What stops you?"
52. Ponder: "What, if you said 'No' to it, would free you up/make a big difference in your life?"
53. Need to challenge someone? Use these softeners: "I'm curious...", "Let's suppose...", "I'm wondering if..."
54. Get an idea of your limiting beliefs: "What would be the worst insult someone could throw at you?" How does this hold you back?
55. "How much of your day-to-day situation do you feel is within your control?" What does this tell you?
56. I'm curious, "How specifically do you think a life coach could help YOU?"

## 107 Coaching Questions cont'd

57. Imagine you're 90 years old, happy, healthy and sat in your rocking chair. "What advice would you give yourself right now?"
58. Now imagine you're 16 again - the world is amazing and exciting, "What advice would you give yourself today?"
59. "If you could travel back in time and meet yourself as a teenager, what three things would you tell yourself?"
60. Point to ponder: "If there was something important you've not dealt with in your life yet, what would it be?"
61. Get clues to your values: "What do you stand for? What would you stand up for? What would you risk your reputation over?"
62. For PERFECTIONISTS and PROCRASTINATORS: "What could you achieve today if you LOWERED your expectations?"
63. Are you stuck in a rut? "If you chose to really stretch yourself, what would you aim for and why?"
64. "What do you 1) LOVE & 2) LOATHE in your work?" How could you do more of what you love & less of what you loathe?
65. "What 3 things could you do this week to make you feel really good?"
66. "What are you tolerating that needs to change so you can move forwards?" You know, so make a list...
67. "What would happen in your life if we doubled your self-belief?" Now, "What if we quadrupled your self-belief, what then?"
68. Need some motivation? "What if you worked on it right NOW, would REALLY put a smile on your face?"
69. "What skills and resources do you need to develop in order to achieve your goals and dreams?"

## 107 Coaching Questions cont'd

70. "What drains you?" Make a list because you can't take action until you identify what's dragging you down...
71. "Who could you hang out with so achieving your goals becomes natural?"  
[People who inspire & energise you of course!]
72. "If you were to consider what's POSSIBLE instead of what's PROBABLE, what would you do differently?"
73. "If there was an outcome/result you're secretly looking for in your life right now, what would it be?"
74. Think of who you most admire. In one word, Why? Now, how can you bring more of this into your own life?
75. "What would have happened in 6 months that your life/career is doing better than you could have possibly expected?"
76. Imagine seeing yourself through the eyes of someone who truly loves and respects you. Now list what you see...
77. Name 3 of your greatest strengths, then ask, "How are you using them in your life currently?" What did you learn?
78. "What would you MOST like to be acknowledged for - so far - in your life?" Why do you think you picked those things?
79. "If you thought of a symbol (eg. animal, plant etc) that represents what you want to achieve, what would it be?"
80. "What are you NOT ready to change yet?"
81. "Where are you too hard on yourself?" Make a list - because I bet there's a few answers!
82. "What activities in or out of work are TRULY meaningful to you?" How you can bring more of them into your life?
83. "What is the decision you have been avoiding?"

## 107 Coaching Questions cont'd

84. Are you too busy fixing yourself instead of enjoying yourself right now? "What's wrong with you just the way you are?"
85. "With your current lifestyle, which of your values are being met?"
86. "With your current lifestyle, which of your values are being ignored?"
87. "Where are you not respecting yourself right now?" What are you going to do about it?
88. "What parts of yourself are you dying to let out?"
89. Not getting stuff done? "What did you choose to do instead?"
90. "So, what have been your 'highlights' and 'lowlights' over the last week?"
91. "What's missing in your life right now?" Make a quick list of ANYthing that jumps out at you.
92. "What are you TRULY passionate about?"
93. "What's bugging you right now?" (Make a list)
94. "What 3 things MUST you do before you die?" Take a moment and write them down...
95. "How are you holding yourself back from a highly enjoyable life?"
96. We show people how to treat us by the way we treat ourselves: "How do you teach people to treat you?"
97. "What is out of harmony in my life, and how do I restore it?"
98. Evaluate your goals: "How might your life be BETTER with this new goal?" and "How might your life be WORSE?"
99. Struggling to get started on a goal? Ponder, "What are some great stepping stones along the way?"

## 107 Coaching Questions cont'd

101. "Where do you have unrealistic expectations of yourself?" How are these sabotaging you right now?
102. You can change it later, but for this moment, "If you had to state a purpose for your life, right now, what would it be?"
103. "What is the biggest CHANGE you are willing to make today?"
104. "What goals would TRULY excite or inspire you?" Make a list...
105. "Who do you need to BE to accomplish your goals?"
106. Find your saboteur! Ask, "If I secretly DIDN'T want to achieve my goals, what would I do?"

**About the author:** Emma-Louise Elsey is the CEO of Simplicity Life Coaching Ltd. (The Coaching Tools Company.com is a division of Simplicity Life Coaching Ltd.) She is a certified Life Coach, NLP practitioner and recovering perfectionist who loves questions, quotes, creating coaching tools and writing. Since qualifying as a coach in 2004 she has worked with many successful professionals and business owners.