

## SAMPLE “TOOL BOX” COACHING QUESTIONS

1. What do you want to accomplish in the time we have for this session?
2. What do you want more of?
3. What do you want less of?
4. How will you know when you've reached your goal?
5. What will it take for you to get/have/say/be what you want to/need to?
6. Is this what you want to be coached on or are you just sharing?
7. What can you learn from this?
8. What action will keep you in integrity about this?
9. What could you be happy about if you chose to be?
10. How does this story empower or disempower you?
11. How can you turn this around and have better results next time?
12. On a scale of 1 – 10, where are you now with this?
13. What will it take to increase that number?
14. May I offer an observation?
15. What's your ideal solution/outcome/resolution?
16. What's in the way?
17. What's stopping you?
18. What meaning do you put on this?
19. Is that a story or the truth?
20. How can you find out?
21. How is this giving you energy or draining your energy?
22. What will really make the biggest difference here?
23. What are the benefits of this problem?
24. What does your intuition/heart/inner wisdom tell you about this?
25. How have you solved problems like this before?
26. What rules do you have that are getting in the way?
27. What would be possible if you changed your belief about this?
28. Which of your core values does this goal express?
29. How will this choice/action move you forward?
30. What's the first step you need to take to reach your goal?
31. What's stopping you from taking action?
32. What will you have to give up in order to make room for your goals?
33. How would your life be transformed if you changed this right now?
34. What will it cost you in the long run to not make this change?
35. What's the most resourceful choice here?
36. How can you improve this situation?

37. What would you do if you weren't feeling this fear?
38. What are you pretending not to know?
39. How could you have this conversation so it keeps you in integrity with yourself?
40. What might make the difference that could change everything?
41. If you approached this with courage, how could your life change?
42. Which step could you take that would make the biggest difference, right now?
43. How can you get your needs fully met?
44. How would you describe the difference between a need and a value?
45. How can you create more value with less effort?
46. What are you willing to do to improve this situation?
47. What are you willing to stop doing to improve this situation?
48. How can you enjoy the process of solving this problem?
49. What are you willing to commit to here?
50. How can you leverage this so it becomes a benefit?
51. Have you decided to take action or are you just hoping you will?
52. Who can help you with this?
53. How does your current habitat support who you're becoming?
54. What do you need in order to succeed here?
55. What plan do you need in order to achieve your new goals?
56. What will your impact be 100 years from now?
57. Who do you need to become in order to succeed here?
58. What are you responsible for here?
59. How can you change this either/or to both/and?
60. How can you learn what you need to know about this?
61. Is this the best outcome you can imagine or is there something greater?
62. What detailed strategy do you have to get there?
63. How will you transform your life with this new knowledge?
64. What does this accomplishment mean to you?
65. Who did you have to become to achieve it?
66. What's next for you?

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