

HOW TO USE THIS RESOURCE?

New coaches usually ask me for questions they can keep in their pocket to use during sessions. Although every coaching session is different, it is helpful to have a resource we can utilize to stimulate our thought process. The more questions we can create, the more powerful our questions can become. This book offers some examples of powerful questions. Before using them, take time to familiarize yourself with their structure and content. The questions are not exhaustive, but might offer a fodder for creating your own.

This resource is divided into five different types of questions: Spiritual or Faith-based, Goal-oriented, Current Reality, Options, and What's Next? I suggest you keep this book handy and refer to it, especially in those moments when you are not sure what question to ask. I hope this book augments your powerful questions toolkit.

- Dr. Felix C. Villanueva, MCC

"If I had only an hour to solve a problem. I would spend 55 minutes trying to ask the right question. Because once I know the right question, it would take me less than five minutes to solve the problem." - Albert Einstein

SPIRITUAL OR FAITH-BASED QUESTIONS

1. In what ways has God been generous to you?
2. How have you experienced God's abundant love today?
3. What's the most wonderful thing about God?
4. What is God inviting you to be a part of today?
5. Where is God in all of this?
6. What is God's dream for your life?
7. What would life be like without anger?
8. Who can you forgive today?
9. When was God most real to you today?
10. When are you most aware of God's amazing love for you?
11. What keeps you from experiencing God's amazing love for you?
12. What is God's deepest desire for you?
13. What part of God's responsibility are you feeling responsible for?
14. What are the signs that your church is headed in the wrong direction?
15. What's God already doing that you can join?
16. What would the heroes of our faith say to us about our big picture?
17. What is God's invitation to you, right now, today?
18. What are you learning about God on this journey?
19. What's the leap of faith you need to take?
20. What are the best ways for you to experience the sacred each day?



GOAL-ORIENTED QUESTIONS

1. What do you want to achieve from this coaching session?
2. What goal do you want to achieve?
3. What would you like to happen with ____?
4. What do you really want?
5. What would you like to accomplish?
6. What result are you trying to achieve?
7. What outcome would be ideal?
8. What do you want to change?
9. Why are you hoping to achieve this goal?
10. What would the benefits be if you achieved this goal?
11. If you had a magic wand and could make things happen, what would you like to see?
12. What is your dream?
13. What would happen if you could achieve your dream?
14. What would your life look like if you accomplished your goal?
15. What is your superpower?
16. What is your kryptonite?
17. What is your big picture?
18. What is it that you don't know you don't know?
19. What's really possible?
20. How well do you deal with uncertainty?

CURRENT REALITY QUESTIONS

1. What is happening now (what, who, when, and how often)?
2. What is the effect or result of this?
3. Have you already taken any steps towards your goal?
4. How would you describe what you did?
5. Where are you now in relation to your goal?
6. On a scale of one to 10, where are you?
7. What has contributed to your success so far?
8. What progress have you made so far?
9. What is working well right now?
10. What is required of you?
11. Why haven't you reached that goal already?
12. What's your definition of the big picture?
13. In what ways are you playing too small right now?
14. What's possible?
15. What are you not seeing, and who can help you see bigger?
16. What needs more attention, right now, today?
17. What needs less attention, right now, today?
18. What is most important for you to tackle today?
19. What are you pretending not to know?
20. When has worrying paid off for you?



OPTIONS QUESTIONS

1. What are your options?
2. What do you think you need to do next?
3. What could be your first step?
4. What do you think you need to do to get a better result (or closer to your goal)?
5. What else could you do?
6. Who else might be able to help?
7. What would happen if you did nothing?
8. What has worked for you already? How could you do more of that?
9. What would happen if you did that?
10. What is the hardest/most challenging part of that for you?
11. What advice would you give to a friend about that?
12. What would you gain/lose by doing/saying that?
13. If someone did/said that to you what do you think would happen?
14. What's the best/worst thing about that option?
15. Which option do you feel ready to act on?
16. How have you tackled this/a similar situation before?
17. What could you do differently?
18. Who do you know who has encountered a similar situation?
19. If anything was possible, what would you do?
20. Say more...

WHAT'S NEXT QUESTIONS

1. How are going to go about it?
2. What do you think you need to do right now?
3. Tell me how you're going to do that.
4. How will you know when you have done it?
5. Is there anything else you can do?
6. On a scale of one to 10, what is the likelihood of your plan succeeding?
7. What would it take to make it a 10?
8. What obstacles are getting in the way of success?
9. What roadblocks do you expect or require planning?
10. What resources can help you?
11. What is missing?
12. What will one small step you take now?
13. When are you going to start?
14. How will you know you have been successful?
15. What support do you need to get that done?
16. What will happen (or, what is the cost) of you NOT doing this?
17. What do you need from me/others to help you achieve this?
18. What are three actions you can take that would make sense this week?
19. On a scale of one to 10, how committed/motivated are you to doing it?
20. What would it take to make it a 10?

