

40 POWERFUL

SELF-COACHING

QUESTIONS



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HOW TO USE THESE QUESTIONS



Hello!

These coaching questions are designed to open-up your thinking, helping you to:

- **Explore what you really want in life,**
- **Identify goals,**
- **Work out the steps to achieve those goals,**
- **Be honest with yourself about how you may stop yourself from achieving your goals,**
- **See situations from different perspectives,**
- **Problem-solve**

The questions aren't in any particular order, so just pick the question/s that grab your interest.

They are written for you to think in your head, but there's nothing stopping you from asking a friend to read the questions out, allowing you to answer aloud.

Don't forget to make notes of the insight you gain and the actions you commit to.

These questions will get your brain working but if you still need the skills of a qualified coach to help you sift, organise and challenge your thoughts, I'm here for you.

Get in touch and we can have a free, no obligation, exploratory call.

More details on:

www.pressurevalvecoaching.co.uk

Have fun with the questions.

A handwritten signature in blue ink that reads "Julie".

Julie Smith
Coach and Director
Pressurevalve™ Ltd

QUESTIONS



MAKING DECISIONS

01

What will I think about this decision in one month, one year, 10 years from now?

02

What advice would I give to a friend in my shoes?

03

What decision am I avoiding?

04

How will this decision affect others in my life?

05

What are three of the options that I have?

RESILIENCE & OVERCOMING CHALLENGES

06

Which of my strengths and skills can help me with this challenge?

07

What situation have I faced in the past that is similar to the current situation? What did I learn from that experience that I can apply now?

08

Think of someone I admire. How would they tackle this situation?

09

Who do I know who has faced a similar challenge?

10

If I had the solution, what would it be?

QUESTIONS

SETTING AND ACHIEVEING GOALS

11

What am I tolerating in my life right now?

16

What is the biggest change I am willing to make?

12

If I was to fully live my life, what's the first change I would make?

17

What am I not willing to change?

13

What's the first baby step I can take towards my goal?

18

What is critical for me to address in my life right now?

14

What will I stop doing and what will I start doing, in order to achieve my goal?

19

What will happen if I don't address this now?

15

What's the wildest thing I could do to achieve my goal?

20

If I dared to say it out loud, what would I want to happen in my career/life?

QUESTIONS

SETTING AND ACHIEVEING GOALS

21

What might I do, to get in my own way? How might I self-sabotague?

26

How am I benefitting by not taking action towards my goal/challenge?

22

What will achievement of my goal give me?

27

Who can help me achieve my goal?

23

What is my goal in one sentence?

28

Who is an energy vampire and will distract me from my goal?

24

How will I know I've achieved my goal?

29

Imagine it's a year from now, what steps have I taken to achieve my goal?

25

What would I do if I wasn't worried about other people's opinions?

30

How will I be held accountable for achieving my goal?



QUESTIONS

GREAT GENERAL QUESTIONS

31

What can I stop doing?

36

Where am I too hard on myself?

32

What is my one-word theme for the next 12 months?

37

Where do I need to push myself more?

33

What am I scared of?

38

What beliefs do I have that are limiting my progress? Are these beliefs true?

34

What would I do if I didn't care about other people's opinions?

39

What would happen if I tripled my self-belief?

35

What are my values? What do I stand for? Does this match with my current role and employer?

40

What parts of myself am I hiding?