

Coach yourself questions

1. What do you have in your life that you want more of?

2. What don't you have that you do want?

3. What do you have in your life right now that you no longer want?

4. What do you want to change?

5. What do you want instead?

6. Why is this important to you?

7. What will happen if you stay the same?

8. What won't happen if you stay the same?

9. How will your life change if you get what you want?

10. How important is it to you to do this now?

11. What's stopped you in the past?

12. What gets in your way?

13. How will this change impact your family, friends, and colleagues?

14. How will it feel when you have made the change?

15. Why is now the right time to do this?

16. When you think of yourself in the future doing what you want, do you have a picture?

17. How can you make that picture more compelling?

18. If you make the picture bigger, brighter, and sparkly does it feel more compelling?

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19. What can you see, hear, feel, and think?

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20. What can you learn from seeing yourself in the future?

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21. What would you do if you were not afraid?

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22. Who will support you through this?

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23. How will you know that you have changed?

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24. When will you decide to change?

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25. What is one thing you can do today that will make a difference?

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*If you would like me to help you answer these questions please contact me, I'd love to help.
Jacqui*

