



The Coaching Questions Library

45 powerful questions to move any client forward, organized by the moment in a session. Keep it beside you. A free pack from Coaching Loft.

♦ The **ten marked with a star** are the ones the best coaches reach for most.

OPENING THE SESSION

♦ What would make this our best conversation yet?

- What do you most want to walk away with today?
- What is most alive for you right now?
- If we only had ten minutes, what would we focus on?
- Where would you like to start?

THE REAL ISSUE

- What is this really about for you?

♦ What are you not saying that you want to say?

- If the problem you named were solved, what would still be bothering you?
- What is the question behind that question?
- What would you tell a close friend in this exact situation?

GOALS & OUTCOMES

- What does done look like?
- How will you know you have succeeded?

♦ What are you truly committed to, not just interested in?

- If this goal were already achieved, who would you have become?
- What is the smallest version of this that would still matter?

GETTING UNSTUCK

♦ If you knew you could not fail, what would you do?

♦ What is the story you are telling yourself here?

- What would you do if this were easy?
- What have you not tried because it seemed too obvious?
- What is one thing you could do in the next 24 hours?

BELIEFS & ASSUMPTIONS

♦ What are you assuming that may not be true?

- Whose voice is that, really?
- What would you have to believe for that to be your only option?
- What becomes possible if the opposite is true?
- If that belief were not yours, would you choose it?

VALUES & MOTIVATION

- What matters most to you about this?
- When did you last feel fully like yourself?
- What are you saying yes to, and what are you saying no to?

♦ What is this costing you to keep as it is?

- What would the person you most respect do here?

OPTIONS & DECISIONS

- What are all the options, including the ones you have dismissed?

♦ What would you choose if no one would ever know?

- What is the decision behind the decision?
- What are you making this choice in service of?
- If you had to choose in the next five minutes, what would you pick?

ACCOUNTABILITY & ACTION

- What will you do, and by when?
- What might get in the way, and how will you handle it?

♦ On a scale of one to ten, how committed are you? What would make it a ten?

- Who do you need to tell to make this real?
- What support do you need, and who will you ask?

REFLECTION & CLOSING

- What are you taking away from today?
- What shifted for you in this conversation?

♦ What do you know now that you did not an hour ago?

- What are you most proud of right now?
- What is the one thing you will not forget?