

Self Coaching Questions

- Think about something that you want to change in your life
 - No one else will see your answers – be honest, take notes
 - Not all questions will be relevant to your issue
 - The more specific you are about the issue and the way forward, the more likely you are to make the change.
 - Don't try to answer the questions too literally – they are prompts to help you think around the whole issue
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- Think of a goal about something you would like to change in your life
- Be very specific about the change; what exactly would you like to achieve
- How will you know when you have achieved it

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- Why is the issue important to you
- What is the current situation
- What are the relevant facts about the issue
- What are your opinions about the issue
- What are your feelings about the issue
- What will happen if you don't tackle it
- How will your life be different if you do tackle it
- What is the root cause of the issue
- Who else is involved

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- What ways could you begin to tackle the issue
- What would you do if you had unlimited time and money
- What would your best friend tell you to do
- What would you do if you knew you couldn't fail
- What if there were no barriers
- Thinking laterally, how else might you tackle the issue

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- Choose one of the options that you have identified
- What resources will you need
- Do you need to do any preparation
- When will you do it
- Who could help you
- What might stop you and what will you do if that barrier does appear
- On a scale of 1-10, how committed are you to carrying out that action
- What would move your commitment closer to 10