

Self-coaching questions

The following questions can be useful for you to ask yourself- or for someone else to ask you-when you need to clarify a goal and how you are going to achieve it. It may help you to explore the issues around your goal from a number of different angles and come up with creative ways of achieving it.

Goal

What do you want to achieve?

Why is that important to you?

What will achieving this goal get you?

How will you feel when you achieve it?

What will it look like if you don't achieve it?

Reality

How have you succeeded in achieving goals in the past?

What's preventing you from achieving your goal?

What are the key features of the situation?

What steps have you taken so far?

Options

What options do you have?

What else might you do?

Who could support you?

In what other ways could you approach this?

Will

You have just generated a set of options. Looking back at these options, rate them quickly on a scale of 1 to 10 on how committed you are to them

Looking over your list of options, which options will you actually pursue?

For each chosen option, what specifically will you do?

What deadlines will you set for yourself?

What help or support do you need?

What is the first step you will take?