



Sacred Depths

COACH CERTIFICATION

Resource Sheet: 50 Questions

1. What do you really want?
2. How can I help you right now?
3. Have you ever considered . . .
4. Why do you think that's so?
5. What is that?
6. What's the dynamic here?
7. What's your role in that?
8. How long have you been doing that?
9. What is the permanent solution?
10. If you had a choice, what would you do?
11. Really? Are you sure?
12. What's the message here?
13. What is life asking you to do differently?
14. What gets in your way in this area?
15. What is your biggest fear about that?
16. What are the 3 steps to achieve that?
17. How could you over-respond to that?
18. How do you know that?
19. Is it or isn't it?
20. Does this really matter to you?
21. Whose life are you living anyway?
22. What question should I be asking?
23. What is your strategy for that?
24. What do you most need right now?
25. What kind of support would be helpful?
26. What would give you the most joy?
27. What is currently motivating you?
28. How healthful is that for you?
29. What are you tolerating?
30. Why are you pushing this hard?
31. Where is your integrity soft?
32. How are you underutilizing technology?
33. Isn't that delegate-able?
34. Why are you spending time on that?
35. Would environmental changes help?
36. Are you being selfish enough?
37. How could you simplify that?
38. What is the truth here?
39. Why is that so frustrating?
40. What is your vision?
41. If you were the coach, you'd say . . .
42. What is your next evolutionary step?
43. What would make that perfect?
44. Where might you get stopped?
45. What is your unique talent?
46. How is this problem perfect?
47. Who can get you that answer?
48. How are you?
49. Will you tell me everything?
50. How are you best coached?