



Personal Coaching Resources: Clarifying Questions

Asking yourself **Clarifying Questions** will bring clarity and positive change to your life. The quality of the question is vital. Compare "Why don't I have this? with ... "How can I have this?" The first question limits your thinking - the second opens up your mind and the possibilities. Here are some questions you could be asking yourself. A coach can ask you more ...

Taking stock

What is important to me?
What am I grateful for?
What is engaging me?
What is meaningful to me?
What am I achieving?

Clearing things out

What is not working for me?
What is out of balance?
What is no longer useful to me?
What is draining my energy?
What could I leave behind?

Defining goals

What do I really want?
How will I know when I have it?
How thrilling is this goal to me?
When will I do this?
Is this really important to me?
How much energy do I have for this?

Gaining new perspectives

How else could I see this?
What would the 'real' me say about this?
If I turned this around what would I see?
What options have I considered?
What is useful about this?

Deepening your learning

What have I learnt from this experience?
What new awareness do I have?
What will I do next time?
What has already worked for me?

Taking action

What will I need to do to achieve my goal?
When will I do it?
What support do I need?
Whom will I share my commitment with?
What will happen if I don't do this?

Feel free to share this but please acknowledge your source:

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