

Coaching Questions for the Beginning of a Coaching Engagement

These questions can be used at the beginning of your engagement with your client or any time throughout your Coaching process with them.

1. What do you want in your work?
2. What do you want in life?
3. What is it to have a full rich life?
4. What are you tolerating?
5. How could you live in more alignment with your values?
6. How could you align your work more with your values?
7. What are your goals?
8. What is your vision for your life?
9. If there were no obstacles or barriers, what would you want to do?
10. What is your audacious dream?
11. What is your purpose on Earth?
12. How do *you* define success?
13. If your life were perfect, what would be different?
14. What is your vision for yourself?
15. What do you really want?
16. What in your life doesn't really serve you?
17. What is your lifelong dream?