

Executive Coaching, Career Coaching, Training & Consulting

 $(562)434-7822 \sim \underline{Donna@GlacierPointSolutions.com} \sim \underline{www.GlacierPointSolutions.com}$ **LinkedIn Company Page:** $\underline{LinkedIn.com/company/glacier-point-solutions-inc-}$

Coaching Questions to Increase Pleasure and Fun

- 1. What makes you laugh?
- 2. How do you define fun?
- 3. How do you like to pamper yourself?
- 4. What recharges your batteries?
- 5. How can you contribute to your reserves?
- 6. What is fun for you?
- 7. Who can you get to play with you on this project?
- 8. What can you do to your physical environment to have it nurture you?
- 9. How can you be playful and light?
- 10. What thrills you?
- 11. How can you double your vitality?