

## 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?