

COACHING WORKSHEET

Issue at hand ...	
What do you think is really causing this situation?	
How does this situation affect you?	
What's holding you back from resolving this situation?	
How would an outsider look at this situation?	
What's the main obstacle here?	
Which of your buttons are really getting pushed in this situation?	
Bottom line: What's the biggest hurdle you're facing in this situation?	
What are you most afraid of in this situation?	
What's stopping you in this situation?	
What are the results of not dealing with this situation?	
How do you want this situation to be?	
What does success look like in this situation?	
What qualities will you have to demonstrate to achieve the desired outcome?	
What is your vision for yourself in the next two years? How does that affect how you want to resolve this situation?	
What do you value that you're not willing to compromise as you resolve this?	
What are some possible solutions here?	
How can you improve the situation?	
What would be the riskiest thing you could do?	
What are some other angles to consider?	
What's easiest thing to do here?	
There are sixteen solutions to any problem: What are four of them?	
If you had a clean slate and could start from scratch, what would you do?	
What does your gut tell you to do?	

POA	
ACCOUNTABILITY	
How are you going to let me know that you're moving forward?	
What will motivate you when the going gets tough?	
How will you keep going when you want to quit?	
How will you celebrate your success?	
What resources do you need to make this happen?	
What should I do if I don't see you taking action?	
How often are we going to check in together?	
So, what are you going to do by when and how am I going to know?	
VALIDATE: This is great. You've got a solid plan. I just want to take a second and point out what you've done here ...	