

Coaching Walkthrough Questions

1. The Dream -What one thing would you like in the next 3-5 years?

2. What one year goal would show progress?

3. Break down further – what's the goal for the next 90 days?

4. How did the last 2 weeks go?

5. How well did you do?

6. Did you learn anything about getting you closer to your goals?

7. Is there something you discovered that you'd like to do better or improve on?

8. Is there anything you can use to do better, based on new information?

9. What went best for you this week?

10. What made you happiest?

11. What didn't go as well for you as you'd like?

12. Why didn't it go well? Was it external circumstances, processes?

13. What did you learn from how that thing went?

14. Overall, how would you rate yourself during that week (or 2) on a scale of 1 – 10.

15. Evaluate the goals you wrote down. How did you do?

16. During that week or two, did you encounter any challenges or roadblocks that impeded you getting what you hoped for?

17. What did you learn by working through these impediments?

18. What would you say are the main achievements in the last 2 weeks?

19. Did you gain any insights? Write them down!

20. What would you like to do in the next week or two, to get you toward that 90-day or 1-year goal?

21. What is a second action step that will get you closer to your goal?

22. How likely are you to do those on a scale of 1-10?

23. If it's not a 9 or 10, what's keeping it from being a 9 or 10?

24. Would you like the clarity of working with a Coach, now that you see how the process works?
