

## Questioning for Goals/Outcomes

- What is it you are hoping to achieve?
- What specific outcome do you want?
- What's the most important problem you want to solve?

## Questioning for Exploration

- What does this goal look like for you?
- How will you know when you have reached this goal?
- What does it mean to...?
- How important is this goal to you? Why is it important?
- Are there any barriers that might keep you from reaching this goal?
- Can you see yourself achieving this?

## Questioning for Options

- What are some possible ways to achieve...?
- If you had no constraints, what would you do?
- How might you improve the situation?
- What could you do to move yourself closer to the goal?
- What have you done in similar situations in the past?
- What is something you have never tried?
- What else?

## Questioning for Decision

- The options you mentioned are... What stands out for you?
- Which options do you want to pursue?
- Of all the options you generated, what feels like the best fit for you?
- Which would be the easiest?
- Which would be most impactful?
- If your success depended on you making a choice today, what would it be?

## Questioning for Action

- Let's turn that idea into an action step – what exactly will you do?
- By what date will you get this done?
- What else would you like to create action steps for?
- Are there any obstacles for getting this done that we need to address?
- What support will you need to make this happen? Resources?
- Would you like for me to check in with you around this?