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## Coaching Discovery Questions

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### Self Reflection

1. What am I naturally good at-so good that other people compliment me?
2. When others consult me for advice, what do they ask me about?
3. What do I enjoy most about my current or previous roles?
4. What do I like least about my current or previous roles?
5. If money were no object, describe my ideal role.

### How I Manage Me

1. Are each of my work relationships in check?
2. Do others meet a “consistent” me every day or are their various unpredictable versions of me others must manage.
3. What is the most frustrating circumstance in my workplace? Am I complaining about it or am I constructively doing something to fix it?
4. What is my process for managing my emotional triggers?
5. What is my process for a weekly review of accomplishments and/or missed deadlines?
6. How would others describe my level of accountability?

### Visioning the Future

1. What does success look like?
2. What have I done to move toward this success?
3. What barrier(s) is standing in my way?
4. If this obstacle didn't exist, how would my life look?
5. What is stopping from taking one step forward?
6. What is my next first step?