

100 Coaching Questions

Health

1. What does being healthy mean to you?
2. How do you currently feel about your physical health?
3. What steps are you taking to maintain your mental well-being?
4. What is one health habit you wish to improve?
5. How do you prioritise your health in your daily routine?
6. What challenges do you face in maintaining a healthy lifestyle?
7. How do you manage stress and its impact on your health?
8. What does a balanced diet look like for you?
9. How often do you engage in physical activity?
10. What role does sleep play in your health routine?
11. How do you track your health progress?
12. What are your thoughts on preventive healthcare?
13. How do you handle setbacks in your health journey?
14. What motivates you to stay healthy?
15. health goals do you want to achieve in the next year?
16. How do you educate yourself about health?

Life

17. What does a fulfilling life look like for you?
18. How do you define success in life?
19. What are the core values that guide your life choices?
20. How do you balance work and personal life?
21. What are your top three priorities in life right now?
22. What is one thing you wish to change about your current lifestyle?
23. How do you handle life's unexpected challenges?
24. What legacy do you want to leave behind?
25. How do you practice gratitude in your daily life?
26. What brings you the most joy in life?
27. How do you define happiness?

28. What life experiences have shaped you the most?
29. How do you cope with change?
30. What does freedom mean to you?
31. How do you set and achieve life goals?
32. How do you practice mindfulness?

Personal Development

33. What are your personal growth goals?
34. How do you measure your personal development progress?
35. What skills do you want to learn or improve?
36. How do you stay motivated towards self-improvement?
37. What is one limiting belief you want to overcome?
38. How do you seek feedback for personal growth?
39. What does self-care mean to you?
40. How do you cultivate a positive mindset?
41. What books or resources have influenced your personal development?
42. How do you celebrate your personal achievements?
43. What does self-awareness mean to you?
44. How do you overcome procrastination?
45. What is your biggest strength?
46. How do you deal with failure?
47. What inspires you to grow?
48. How do you set personal boundaries?

Business

49. What is your vision for your business?
50. How do you define success in your business?
51. What are the biggest challenges facing your business right now?
52. How do you stay competitive in your industry?

53. What strategies do you use to attract and retain customers?
54. How do you foster innovation within your business?
55. What is your approach to risk management?
56. How do you ensure your business aligns with your values?
57. How do you measure the impact of your business on the community?
58. What are your long-term business goals?
59. How do you align your team with your business vision?
60. What is your approach to leadership?
61. How do you handle business competition?
62. What is your customer service philosophy?
63. How do you adapt to market changes?
64. How do you evaluate business performance?

Career

65. What are your career aspirations?
66. How do you define success in your career?
67. What skills do you need to advance in your career?
68. How do you handle career setbacks?
69. What motivates you in your professional life?
70. How do you balance career growth with personal life?
71. What is your ideal work environment?
72. How do you seek mentorship or guidance in your career?
73. What accomplishments are you most proud of in your career?
74. How do you stay updated with industry trends?
75. What is your career mission statement?
76. How do you handle work-related stress?
77. What is your approach to professional networking?
78. How do you balance ambition with contentment?
79. What is your plan for career advancement?
80. How do you negotiate for what you want?

Relationships

81. What do you value most in your relationships?
82. How do you communicate effectively with others?
83. What boundaries are important to you in relationships?
84. How do you handle conflicts in relationships?
85. What role does trust play in your relationships?
86. How do you nurture your relationships?
87. What is one relationship you want to improve?
88. How do you express love and appreciation?
89. What are your expectations in a relationship?
90. How do you balance giving and receiving in relationships?
91. How do you build trust in relationships?
92. What role does empathy play in your relationships?
93. How do you support others in your life?
94. What is your approach to forgiveness?
95. How do you maintain long-distance relationships?
96. How do you handle jealousy in relationships?
97. How do you ensure quality time with loved ones?
98. How do you express your needs in a relationship?
99. How do you handle relationship transitions?
100. How do you cultivate friendships?