

Last Coaching Session – Potential List of Questions

1. What have I achieved/am proud of during the coaching period? (think broadly)
2. What specifically have I achieved or am doing differently as a direct result of the coaching? (review goals here)
3. What are my top 3 goals and dreams in life right now? (personal AND work)
4. What are my top 5 priorities in life as I now understand them?
5. What limiting beliefs have I let go of (eg. about myself, life, others)? I NO LONGER BELIEVE:
6. What positive new beliefs do I have (eg. about myself, life, others)? I NOW BELIEVE:
7. What specifically have I learned about myself? (that I perhaps haven't mentioned yet)
8. How is my life different as a result of the learnings I have made during the coaching period? What have I learned that I will carry forwards in life?
9. What has been the best bit of the coaching for me?
10. What are the best things about my life?
11. If you were to give yourself a message or mantra to carry forward and sum everything up?
12. What else would I like to note that would be useful to me going forward?