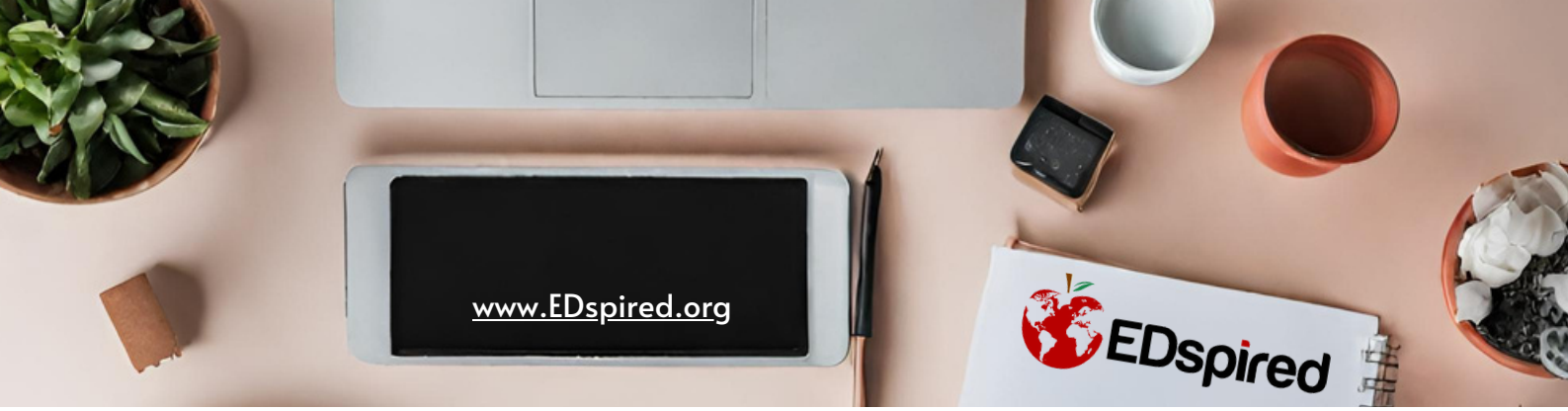




10

Self-Coaching Questions for Goal Setting

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10 Coaching Questions for Goal Setting

- What do I really want to accomplish?
- What about ____ (the above) is important to me?
- What does success look like?
- How will I benefit from reaching my goal?
- What will be my biggest barrier?
- Who can I thought partner with for ideas/tools?
- What resources do I need?
- What do I need to stay focused?
- How will I celebrate progress/small wins?
- On a scale of 1-5, how badly do I want this?

WHAT'S A COACHING MEETING WITH REEM LIKE?

Hi client.
What's on your
mind for
today's
conversation?



Hmm, where
should I
start....so
many things...

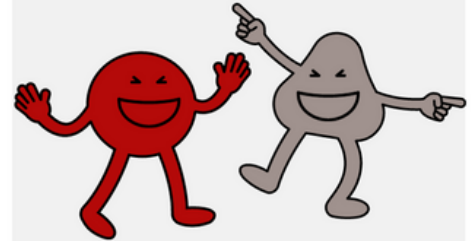


I'm frustrated...I feel like I am
good at giving feedback, but it
doesn't land well with my
team...I'm also positioning myself
for a promotion...I am proud of...



OMG! I'm
talking so
much!

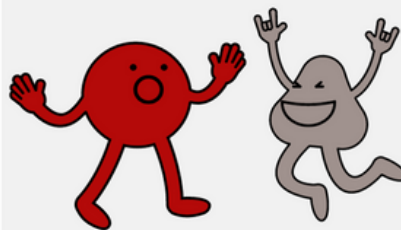
You are not talking too much!
**Coaching is dedicated time
and space for you to process
out loud and commit to action!**



You talk. I listen and ask
questions. You decide what you
want to focus on and what
success looks like for you.



With your permission, I will
offer insight and resources.
Oftentimes, you will come to
your own conclusions and
declare your next steps.



As a client, you should feel that
you are centered in the
conversation and you get what
you need to be successful!



Thank You!

I hope you found these questions helpful in starting
the goals and commitments process for yourself.

My One Page Plan is a perfect next step from here.
Get it now!

Are you ready for more?

Schedule a discovery call.



Reem Labib Tyson

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