

40 Best GROW Model Coaching Questions

Although there are many potential questions to ask in a coaching session, below is a list of the 40 best coaching questions.

Goal

1. What would you like to focus on today?
2. What's important to you at the moment?
3. What does your ideal future look like?
4. What will you be doing in five years?
5. What new skills do you want to learn or develop?
6. Where is your life out of balance?
7. What challenges are you facing at the moment?
8. What would make you feel that this time has been well spent?
9. What are you currently working toward?
10. How can you word your goal in positive language?

Reality

1. What is working well at the moment?
2. What do you need?
3. What excuses have you always used for not achieving your goals?
4. What have you done so far to improve things?
5. What parts of your life will be impacted by you achieving your goal?
6. What is the biggest obstacle you are currently facing?
7. What does self-sabotage look like for you?
8. What is your inner critic saying to you?
9. What fears are present?
10. What are you passionate about?

Options

1. What is your first step?
2. If you had 50% more confidence, what would you be doing that would be different?
3. If success was guaranteed, what would you do?
4. If money was not an obstacle, what would you do?
5. What action step is the best use of your time at this moment?
6. If someone else came to you with your obstacle, what would you tell them?
7. What strengths can you use to move forward?
8. If you could do only one thing this week, what would it be?

9. What would you do if you answered to no one?
10. What is the most efficient use of your time in this moment?

Way forward

1. On a scale of 1 to 10, how motivated are you to achieve your goal?
2. What will it take to get that motivation closer to a 10?
3. Whatever your first step is, can you think of anything that might stop you from doing it?
4. How committed are you to achieving this goal?
5. How do you want to be held accountable for this goal?
6. How will you celebrate when you've achieved your goal?
7. What are you going to do in the next 24 hours?
8. What will you do when you've achieved your goal?
9. Who do you need to include in your journey to that goal?
10. What else do you need to consider before starting?