

Motivational Questions

Empowering questions are basically motivational questions. They are always open-ended and often thought-provoking. They are a well-known tool for any coach and, when expertly used, can be quite effective as a motivational technique at any point and in most situations.

It is a skill that requires some practice; however, empowering questions is rarely something we learn at home or school.

- What value does this goal represent to you?
- How will you celebrate your victory?
- How would that contribute to the world?
- What about this goal demonstrates what you stand for?
- What keeps you going?
- What really excites you about that?
- What about this goal fits into your purpose?
- What part of this relates to your dreams?
- If you had all the time, energy and money to achieve your goals, what would you do?
- Why is that important to you?
- What do you want to experience?
- What works well?
- What's another way to look at that?
- How can you reframe that to help you move on?
- How will you demonstrate motivation and perseverance?