

# Potential Powerful Questions

## Favorite Questions

- On a scale from 1 to 10, how important of a priority is this for you?
- What can you control?
- What does failure mean to you?
- What would be an ideal outcome?
- What are you willing/unwilling to change?
- What are the obstacles that you are facing?
- What's a question I should have asked you but haven't?
- What would this challenge look with unlimited resources?

## Costs

- What is at stake? Costs to you, others?
- What are the costs of failing to work through this?

## Impact

- What impact do you want to have?
- What will it look like?
- What are the possible outcomes?
- In an ideal situation, what would \_\_\_\_ look like for you?

## Deep thinking

- What would you do even if you weren't getting paid to do it?
- Where do you need to be courageous/rebellious/strategic/collaborative/independent?
- When do you need patience/When do you need to be aggressive?
- When must you refuse "no" for an answer?
- When must you say "yes"?
- Where do you need to take a stand?
- What is your attitude about this situation? Does it help or hurt?
- What are you willing/unwilling to change?
- Who are you becoming/who do you want to become?
- What does failure mean to you?
- What assumptions are you making?
- What have you learned about yourself in this situation?
- What are you feeling (mentally, physically)
- Rate the importance of this situation
- Rate your emotional charge on this topic

## Different perspective

- Who do you respect and how would they handle this situation?
- What does your inner child/critic/wise nurturer say?

## Resources/Barriers

- What are your strengths? How can they best serve you here?
- What are potential barriers? Why do they matter?
- What options are available?
- What is hard about \_\_\_\_? What do you like?
- If you could develop a new characteristic to help through this, what would it be?
- What skill to develop now to best serve you here?
- How would others describe you?

- What are your coping mechanisms?
- What have you learned in another situation you can apply here?
- People/resources to recruit?
- How can Suzanne rely on Suzanne to motivate yourself?

#### **Acknowledge**

- You are motivated. What do you need to keep this going?
- I see that you are committed. What are your resources?
- I know that you are a person of great integrity. How do you bring that do this situation?
- You are courageous to share this information. How can you use your courage to move forward?
- I understand this is difficult. What can you control?

#### **Creative thinking questions (forward moving)**

- What would this challenge look like with unlimited resources (e.g., time, money, help, etc.)
- What are possible approaches?
- What might it look like if \_\_\_\_\_?
- If you had these resources \_\_\_\_\_ how would you use them?
- What resources have you explored so far? What did you like/dislike about those?
- How will you leverage your strengths/resources?
- What would be an ideal outcome?
- How would you go about this differently?
- How would you advise someone in a similar situation?
- What might this look like if you were \_\_\_\_\_?
- Artisan, immigrant, waitress
- Different age, nationality, person's perspective

#### **Analyzing questions:**

- How will you know if you have been successful?
- How do you define academic success?
- What was a past success? Who supported you? What happened? How did you prepare? How can you build on that success with this new challenge?
- What does failure mean to you? Success?
- I have a sense that there is something else you are considering. What is it?
- What does that say about you? What does being stuck say about you?
- What can make this even better?
- How can you compare this to another challenge in your life?
- How do you typically handle a problem like this?
- On a scale of 1-10, what size is this challenge for you?
- What strengths do you bring to the challenge?
- What challenges do you expect? What will you do when you reach them?
- What is at stake?
- What is a creative approach to this?
- What assumptions are you making?
- What does the \_\_\_\_\_ part of you want to say?
- What is the most important part of this?
- Where else in your life does this show up?
- How does doing this serve you/the world/others?
- If you could develop a new quality/characteristic to help get through this, what would it be?
- What skill could you begin to develop that could help serve you best right now?

- Who do you respect and how might he/she approach this situation?
- What is your attitude about this situation? How is it helping/hurting?
- What is one of your greatest strengths? How can it help you now?
- What do you want to learn now about this situation?
- What will be the impact of taking or not taking action?
- What are you willing to commit to so that you can work toward change?

### **Practical steps**

What needs to be done now?

What timelines must be followed?

- How can this challenge be broken into manageable pieces?
- What support do you need?
- What challenges do you anticipate?
- How will you keep yourself on track?
- What steps to take first?
- What are the barriers to your goal?
- How will you celebrate your success? Are you willing to \_\_\_\_? Are you Ready to cross that bridge?
- What are you willing/unwilling to change?
- What is one thing you are willing to commit to now?
- If not ready: What are you willing to do? Acknowledge courage to be honest. Can you live with that? What's the worst that can happen?

### **Accountability**

- How do you want us to check in with each other?
- If we have a breach in our commitment, how should we react? What adjustments might we need to make?
- What systems can you put in place to help you follow through?
- Who can help you be accountable?
- What are the rewards of following through with your commitment?
- What are the costs of not following through with your commitment?

### **Confronting/Challenging**

- What events happened that led to this choice? (Instead of "Why did you do that?")
- What are you willing to try that is different?
- Who do you need to be?
- When are you going to start/stop \_\_\_\_?
- What is hard about \_\_\_\_?
- What is stopping you?
- How are you selling yourself short?
- Where are you giving in?
- Who are you trying to please?
- Whose life are you trying to live?
- What are you avoiding?
- What value did you place on \_\_\_\_ instead of \_\_\_\_?
- What price did you pay?
- What did you gain by doing \_\_\_\_?
- What can you control?
- What was your responsibility in \_\_\_\_?

- What are you willing to do next time?

**In place of “have you thought about...?”**

- What are 5 options?
- What might be obstacles?
- What plans/procedures will you follow?
- When might you anticipate this not working?
- What are key resources to succeed?
- How will you know if you succeed?

**Additional questions as they come up:**

- Why are we comfy with being comfortable?
- How will I feel at 90 if I don't try \_\_\_\_\_?
- What is my passion?
- What happens if you get to a place where you know everything?
- Am I investing in myself? What am I doing to make me better
- Am I investing in the right people?

**Questions for Learning Lunch - with someone from whom you want to learn (from John Maxwell simulcast - Oct 2014)**

- How has failure shaped your life?
- What are you learning right now?
- Who do you know whom I should know?
- What have you read that I should read?
- What have you done that I should do?
- How can I add value to you? (expresses gratitude)
- What are the most important questions asked of you and/or which you asked of others?