Reflection ....

“Can you recall a time when you felt challenged by something and overcame – what were the keys to your success? Can you apply those to your current situation?”

Mirroring...

“What I heard was (repeat back their exact words)...”

Visioning...

“What would it look like if you had exactly what you wanted? How would your time, finances, relationship, etc be affected...?”

Powerful Questions...

“What are the differences between where you are right now and where you want to be?”
“What is the highest potential for this situation?”, “What is the most important message you can give yourself right now in regards to this situation?”

Positive Feedback or Affirmation...

“I want to acknowledge your ___________________ (strengths, accomplishments, qualities, etc)...”

Goal Setting...

“What do you want to achieve?” “By when?” “What do you need to make it happen?”, “How will you know you are successful?”, “What is the action steps involved?”

Exercises...

Journal writing, coaching wheel, art project, etc.

Home Work /Requests...

“What action step do you want to take this week?” Would you be willing to commit to...?”

Accountability...

“Last week you committed to ____________, what is your progress on that?”