

Powerful Change Questions

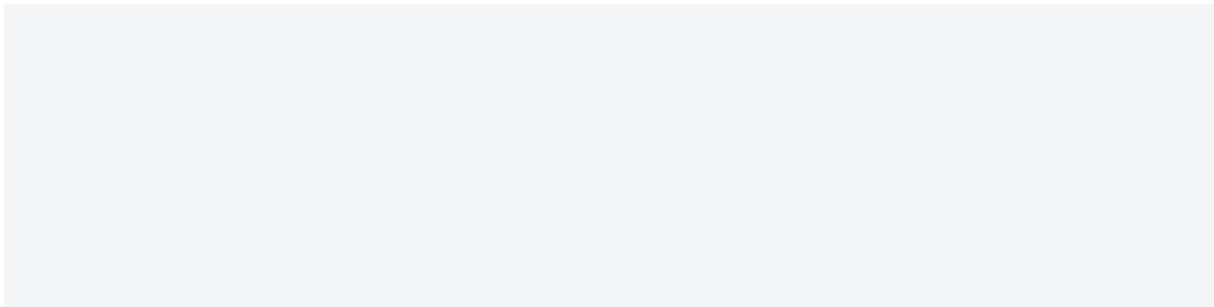
Change is not easy. Before we are motivated to make the change, we must first dare to dream what it could look like.

This worksheet encourages reflection of the bigger picture to help the client consider what they *really* want. They also are helpful inputs to the GROW coaching model.

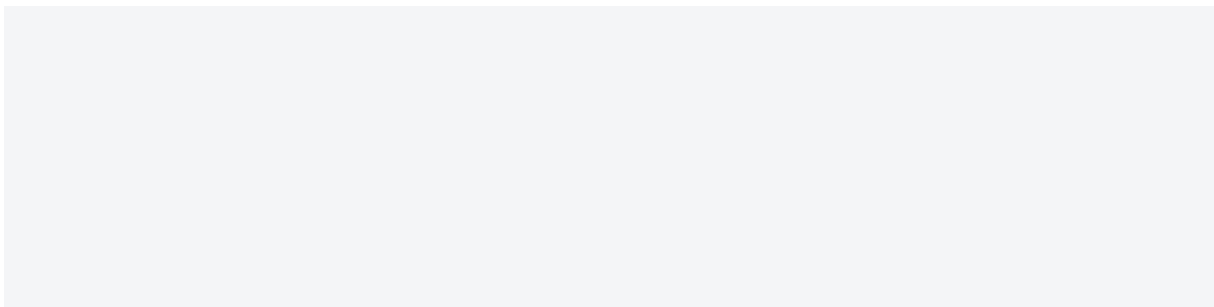
Take some time and find some quiet place where you will not be disturbed to complete the following questions (modified from Whitmore, 2017).

Be daring and brave and imagine what life could be like:

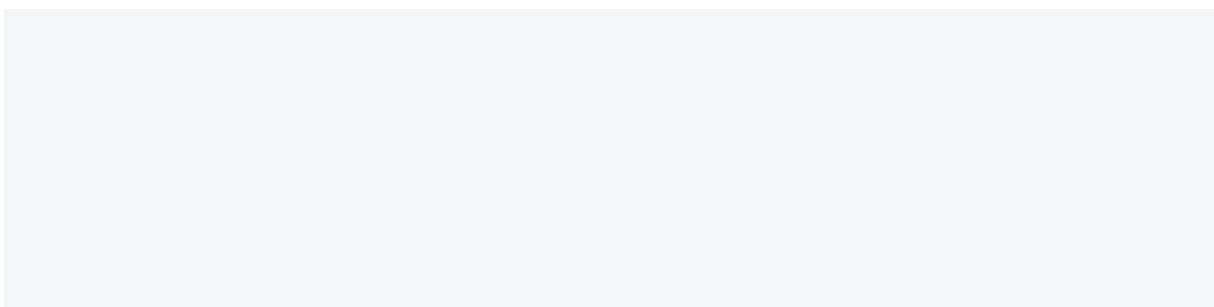
What would you do if there were no limits, and you had no fear of failing?



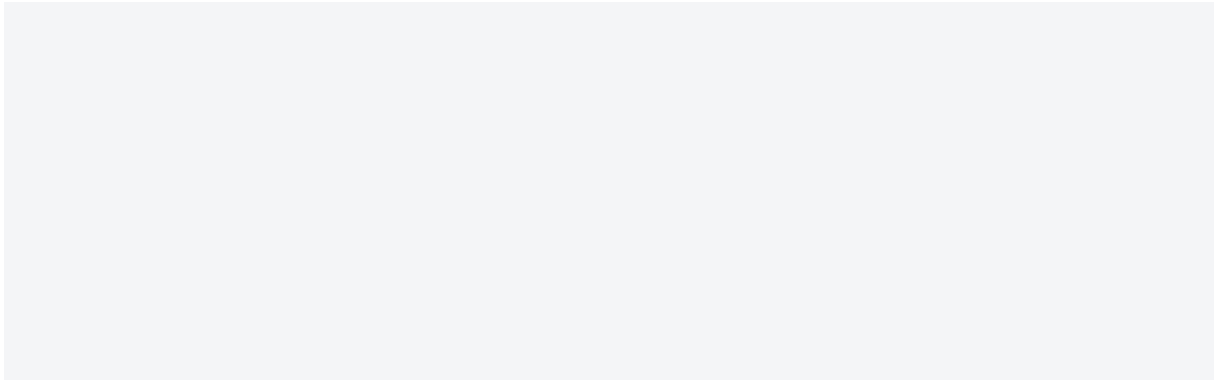
What advice would you give a friend?



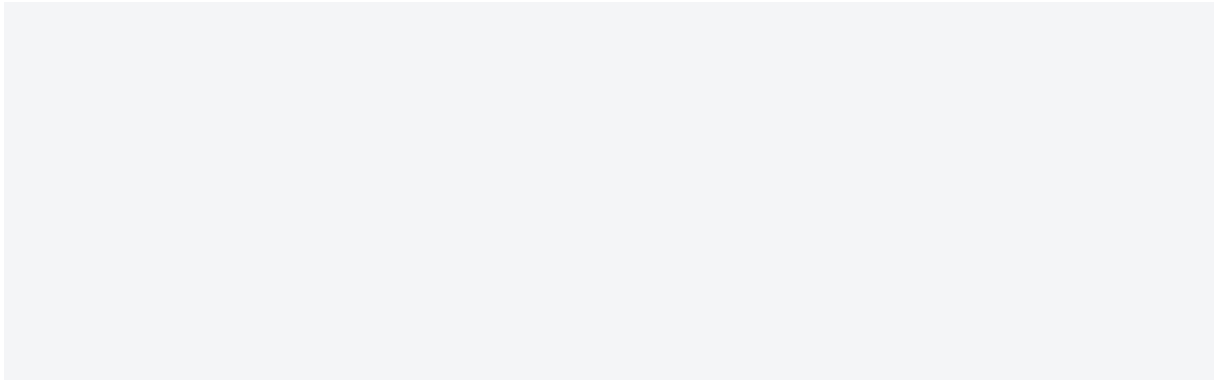
Imagine having a conversation with the wisest person you could imagine; what would they tell you to do?



In a year's time, what would you like to look back and say that you did?



What is your commitment, between one and ten? What would it take to make it ten?



Take time to reflect on the questions and your answers. What do they tell you about what you really want to do next in your life?

References

- Whitmore, J. (2017). *Coaching for performance: The principles and practice of coaching and leadership*. London: Nicholas Brealey Publishing.

Dr. Jeremy Sutton