

THE ULTIMATE COLLECTION
OF TRANSFORMATIONAL
SELF-COACHING QUESTIONS
FOR PERSONAL DEVELOPMENT

THOM QUINN



1. What makes me happy?
2. If I had an extra hour every day, what would I do with it?
3. How do I measure success? Is there a better way?
4. What are my greatest past achievements?
5. What is my unique genius?
6. How would each of your parents describe you as a child?
7. What would I do if I knew I could not fail?
8. Whom should I forgive?
9. What do I expect (or demand) of myself?
10. What habit, behavior, or activity should I stop doing?
11. What one word would I use to describe the past twelve months?
12. If I did not know my chronological age, how old would I be?
13. What would the perfect day look like?
14. Who can help me?
15. If I am not working on my biggest life goal now, when will I? What is currently stopping me?
16. What should I do first to improve my life?
17. What have I forgotten?
18. If I could live a thousand years without growing old, what great things would I do?
19. What is most important for me?
20. How could my life be improved?
21. How do I handle risk?
22. If I fail, what is the worst possible outcome?

23. What are my other options?
24. If I could do anything, what would that be?
25. What is my life mission?
26. What is working right now?
27. What one goal would I make my top priority if I had unlimited resources?
28. What is stopping me?
29. What am I merely tolerating?
30. What advice would I give to a friend in a similar situation to my own?
31. What do I want to be doing in 5 years?
32. What information do I need to grow?
33. How could I test my main assumptions?
34. What is missing in my life?

35. On a scale of 1-10, how committed am I to achieving my top goal?
36. What can I do today to help create the future I want?
37. Whom do I admire most and why?
38. What is my biggest fear?



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*THE MAN WHO VIEWS
THE WORLD AT 50
THE SAME AS HE DID
AT 20 HAS WASTED
30 YEARS OF HIS LIFE.*

MUHAMMAD ALI

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39. How do other people describe me?
 40. What is the origin of my core belief about myself?
 41. How will I be different next year?

42. What have I not tried yet?
43. If money or time was not a limitation, what could I do?
44. What will my impact be 100 years from now?
45. Who really matters in my life?
46. For whom am I grateful?
47. How am I currently using my strengths?
48. What are my core values?
49. What story, metaphor, or analogy relates to my current situation?
50. What is the highest and best use of my time, right now?
51. What is my earliest childhood memory?
52. Have I ever helped a complete stranger? How?
53. If you could change one thing about how your parents raised you, what would that be?
54. What person, dead or alive, do you wish you could be more like?
55. My favorite animal is _____. Why?
56. Instead of 'either/or' thinking, how could I work better at fuller, more inclusive solutions?
57. What do I not want?
58. Is it easy or hard to make friends? Why?
59. What was my favorite story as a small child?
60. If I only had six months to live, how would I spend that time?
61. How did I celebrate my last birthday?
62. Am I usually on time, early, or late?

- 63. What is my ideal diet for peak performance?
- 64. Who am I becoming?
- 65. What advice would I give my 20-year-old self?
- 66. What is my greatest secret?

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*IF YOU DO NOT KNOW
HOW TO ASK THE
RIGHT QUESTION, YOU
DISCOVER NOTHING.*

W. EDWARDS DEMING

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- 67. How am I living ‘outside’ of my integrity?
- 68. What do I believe about myself that other may not?
- 69. What is the last dream I recall?
- 70. When do I feel the most alone?
- 71. What was the greatest day of my life?
- 72. Is my self-talk more positive or negative?
- 73. Is my speech to others more positive or negative?
- 74. What makes me angry?
- 75. Who is the most important person in my life (besides myself) and why?
- 76. What kind of legacy do I want to leave behind?
- 77. Do I live within, below, or beyond my means?
- 78. What do I believe about God?
- 79. Am I giver or a taker?
- 80. What is my greatest regret?
- 81. What was my favorite subject in school?
- 82. What makes me unhappy?

83. Who was my hero when I was a teenager and why?
84. What was the hardest time of my life and what did I learn?
85. How easy is it for me to trust someone?
86. What is my main financial goal?
87. How do I feel about my parents?
88. In what area of my life am I sometimes irresponsible or childish?
89. What am I attached to?
How can I let it go?
90. On a scale of 1-10, how would I rate the quality of my life?
91. Knowing what I know now, if I could go back to age 18, what would I do differently? Why?
92. Do I wait for others to solve problems or am I very proactive on finding a solution?
93. If I could change just one thing in my current life, what would that be and why?
94. What inspires me?
95. What would I want my obituary to say?
96. What mystery would I like to solve?
97. If I could only describe myself in ten words, what would those be?
98. What are the three best things that happened to me this year?
99. What will be my second (or third) act in life?
100. What kinds of things do I love spending my time doing?
101. What activity am I better at doing than everyone else I know?