

Questions for the Journey

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Destinations	Where would you love to go?
Routes	What pathways might possibly take you there?
Waypoints	What waypoints might you enjoy along the way?
Vehicles	What processes or support can carry you there swiftly and safely?
Preparation	What preparations will equip you for a successful journey?
Navigation	Who (and what) can you bring along to guide you on the way?
The Big Picture	What is the greater purpose behind your life journey?

Opening questions to begin a coaching session:

Is there any aspect/part of your life you want to.....

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| ...acknowledge as a victory? | ...resolve? |
| ...take to a new level? | ...bring to a higher level of consciousness? |
| ...focus your attention on? | ...acknowledge a victory in? |
| ...experience more power in? | ...clear a pathway to? |
| ...improve or strengthen? | ...explore? |
| ...connect with more resources? | ...uncover the truth about yourself? |
| ...shine the light of awareness on? | ...harness your passion or your energy? |
| ...give supportive or positive attention to? | ...open the floodgates in? |
| ...release struggle / allow for more grace
and ease? | ...move the Chi? |
| ...heal? | ...fire up or ignite? |
| ...clarify direction in? | ...get more in the flow of? |
| ...tune into? | ...balance? |
| ...channel energy into? | ...feel more grounded or centered? |
| ...change? | ...accept or make peace with? |
| ...clear blockages? | |
| ...release or let go of? | |