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…..

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