

Powerful Question Examples

Using Analytical Thinking

- What do you want to know, do, have, or experience?
- How important is this for you/others?
- On a scale of 1 to 10, how important is this to you?
- What is the impact of doing this? Of not doing it?
- What are you willing to change? What are you unwilling to change?
- What do you want to do? What do you need to do?
- What values are you honoring? What values are not being honored?
- What is this costing you?
- What is at stake?
- What else are you considering?

Using Creative Thinking

- What can you imagine?
- What would it be like to have what you want?
- What is your ideal outcome?
- If you had a magic wand, what would your ideal situation look like?
- If you made this choice, how would it feel? What would it look like?
- What can make this even better?
- What would it look/feel like to meet this goal?
- What would it feel like to meet this goal?
- What advice would you give a friend in this situation?

Using Practical Thinking

- When and how will you take action?
- What is the first small step you could take to make this happen?
- What will you commit to doing today, this week, this month?
- What resources do you have?
- What might get in the way of this plan?
- How will you handle challenges?
- What steps do you want to take?
- When and how will you check in?
- How will you celebrate?

Asking curious questions

- What do you mean by that?
- What makes you say that?
- What experience led you to believe this?
- How is that strategy working?
- What has happened when you tried that in the past?
- What factors led to your choosing this path?
- What is stopping you?

Initial intake questions

- What are your goals for college?
- What are your specific goals for this term/year?
- Who supports you in succeeding in school?
- What might distract you from your goals?
- What obstacles might you face during the term?
- What will you do if you fall behind in your classes?
- How can I support you this year?
- What will success look like for you in your courses?
- How are you prepared to handle the challenges you'll face?
- What are three things are you willing to commit to doing for your success this year?
- What are your greatest challenges right now?
- What are your greatest strengths right now?
- What encourages you right now, personally or professionally?
- What are your greatest concerns about the future?

Questions to broaden perspectives

- What might this situation look like to you in ten years?
- What are you willing to try that is different?
- Who do you respect, and how might they approach the situation you are facing?
- What is your attitude about this situation? How might this attitude be serving or limiting you?
- What is one of your greatest strengths? How might it help you in this situation?

Questions to promote accountability

- When have you persisted and had it pay off for you?
- Who can help you be accountable?
- What are systems you can put into place to help you follow through?
- What are the rewards of following through with your commitments?
- What are the costs of not following through with your commitments?

Questions for handling resistance

- On a scale 1-10, how important is this _____ to you?
- What would it take to move the needle?
- How would your life be transformed if this situation changed?
- How will continuing in this way serve you in the long run?
- What is one step you could take right now that would indicate you're moving forward?
- How can you turn this around and have better results next time?
- If this meeting would end in a way that would best serve you, what might that look like?
- Imagine that something positive could come from this exchange that might help you, what might that be?
- If you were me, what would you do (next) in this situation?

Questions around failure

- What went well?
- Were there assumptions made? Unexpected obstacles? Wrong timing?
- How will this failure affect you in one year? Five years?
- Tell me about a time when you thought all was lost, you felt like things had gone completely sideways.....and it all turned out okay.
- When did you realize the train was starting to run off the tracks?
- What red flags can you anticipate for next time?
- In hindsight, what was needed in the original plan to avoid this?
- For future, how will you identify if you are getting off track?
- Who will you need to be in order to have a different outcome?
- What did you learn?

Questions for stress management, self-care, and balance

- Where do you feel out of control?
- What has worked for you in the past when you are stressed?
- How do you take care of yourself?
- Who is a good role model for you in this area?

- What might you say 'yes' to in your life?
- What might you need to say 'no' to?
- When do you feel pulled off center?
- When do you feel most grounded in life?
- What in your life "takes away" from what might be possible for you?
- What in your life "adds to" who you are?

Questions for organization and time management

- How might effective time management make school easier for you?
- What are two ways you "waste" the most time?
- How can you reduce the number of hours you lose in these "time wasters"?
- What time of day do you work most efficiently?
- Tell me about a time you felt really productive during the day.
- What made it a productive day?
- How did you manage your time that day?
- What is currently distracting you from reaching your full potential as a student?
- What needs to change?
- What are some ways to start making these changes?
- What are some obstacles to making these changes?
- Who in your life manages their time well?
- What would your ideal day look like?
- How do you prioritize tasks when you have multiple things to get done?
- How do you currently manage your time?
- What types of things are you doing when you notice time going by quickly?
Slowly?

Questions for vision and goal-setting

- If this situation were to work out in the best possible way, what might it look like?
- What is one thing that seems impossible, but with a little luck and a lot of work, just might be within reach?
- Who do you know that thinks big?
- What in your life might be keeping you to think small?
- What does success look like for you?
- What would you attempt today if you knew that you could not fail?
- Tell me about the last goal that you set and achieved?
- What are you passionate about?
- Who helps support you in your goals?