



Self Coaching Prompts

1. What do I want to accomplish today?
2. Why is this outcome important to me?
3. What am I feeling proud about today?
4. What can I do to laugh today?
5. How can I make today better than yesterday?
6. How can I make myself a priority so that I have more to give others?
7. How can I get my work done and have fun at the same time?
8. What am I thinking now, and how do those thoughts make me feel?
9. How can I make my future more exciting than my past?
10. What do I love about myself?
11. How can I make choices that benefit me & others around me?
12. What is it that I really, really want?
13. What assumptions am I making about achieving my goals?
14. What evidence can I find that I have what it takes to achieve my goal?
15. How would I proceed if I had no constraints?
16. What is the issue that I think about most that I want to change?
17. Why is this an issue?
18. What is the bigger picture behind wanting to solve this issue?
19. What are the pros and cons of addressing the issue?
20. How do I want to feel today? What can I think to help me feel that way?

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