

Coaching Questions to Shift from Overwhelm to Opportunity

1. What's on your mind? And what else? What else?...
2. What emotions are you feeling?
3. What are 5-10 things **not** in your control right now? (and then put this list aside)
4. What are 5-10 things that are in your control right now?
5. How can you take care of yourself today? What does your body need?
6. How can you use technology in a new way during this time?
7. What new skills do you want to learn during this time?
8. How can you use this time for visioning/big picture thinking?
9. Who do you want to connect with today?
10. What values are you honoring right now?
11. Who can you help today?
12. How do you want to show up today?
13. What can others count on you for right now?
14. What's the opportunity right now, at home and/or work?
15. How can you connect with your spirituality today?
16. What blessing do you want to offer the world/others/yourself today?
17. What do you want to role model for those around you?
18. What are you grateful for? Whom can you thank today?
19. What are you most proud of about you right now?
20. When you look back on this time a year from now, what do you want to be able to say?

And remember to breathe (deep belly breaths) and move your body--