Powerful Coaching Questions for Building Resiliency

Physical

- What am I noticing in my breathing?
- What am I noticing in my body?
- What am I noticing about the food I am eating?
- How can I ensure I make time for exercise?
- What kinds of exercise serve my well-being?
- What barriers are interfering with my sleep?
- What is one thing I can do in the moment to recharge?

Social

- Who can help me with accountability and support?
- Who could I reach out to in my network for additional support?
- Who do I know that I would like to connect with more deeply?
- Who could I support, encourage, or assist in my sphere of influence?
- Who do I know that has faced something similar and what can I learn from them?
- How can I engage with my community in a meaningful way?
- How can I strengthen my social support system?

Spiritual

- What is one thing I can do differently today to make a change that aligns with my values and purpose?
- What would it mean to me to make this change?
- How can I connect with my higher purpose?
- What would I be doing if I were living in the present, fully aligned with my values and life purpose?
- What fuels my passion?
- What gives me meaning and purpose in life?
- How can I foster love and belonging in my interpersonal relationships?

Psychological

- What am I not seeing in this situation?
- What else should I consider?
- What emotions am I experiencing?
- What do I need to know to make this change?
- What is already working and how can I build on it?
- What am I able to let go of that is distracting me?
- In light of my changing circumstances and environment, what do I need to learn to maximize my effectiveness?

Action Planning

- What tools, resources, or support do I need to move forward?
- What is one new skill I could learn that would help me expand my capabilities?

- What is one thing I have always wanted to do, one book I have always wanted to read, or one class I have always wanted to take that I could begin today?