Story beginnings, middles and ends

In health and wellness coaching, coaches never want to use a checklist, it losses the flow of the conversation and story. However, having some additional ideas of how to ask questions or of powerful questions or statements is helpful for many new and seasoned coaches. These are compiled from a wide variety of places.

“If you were a color, what color are you now and what prompted you to choose that color?”
“How would you describe your energy right now?”
“What are you grateful for from your last week?”
“What has brought you joy in the past 24 hours?”
“If you were to grade yourself on your goals using an A through F scale, what grade would you give yourself?”
“What role do you have in your success this week?” “What role did you have in your challenges?”
“To respect your time, what would you like to discuss today?”

“What do you believe is possible for you in terms of health?” “What is the best you believe you can achieve?” “Imagine for a moment that your health has miraculously shifted, and is now significantly better in whatever way is meaningful to you. Spend a minute imagining and feeling this new state of being, and ask yourself the following questions:

- In what ways is my health different?
- How does this new state of health impact an average day for me?
- What would change in my life if I were to consistently feel good?”

“What really matters to you in life?”
“What do you want more of in your life?”
“What brings joy and happiness into your life?”
“What would you like your legacy look like?”

“A wellness vision can be a big, bold dream. It’s a statement, not a process. Describe your best life-dream big, create a vivid picture.
Where are you? Where do you live? What city, state, or country; style and atmosphere. What are you doing?

Who are you with?
How are you dressed?
What’s your expression?
What does your physical body look like? How do you feel about it?
What about your best life makes you smile and makes your heart sing?”

“In three months, what will you have accomplished on your journey?”

“How will you feel about yourself?”

“What does your ideal day look like?”

“Think back to a recent time period or experience when you really felt good physically. What was going on during this peak time and what did a typical day look like- what were you doing, eating, or thinking?”

“What can you learn from this to apply in your life now?”

“If I could hear the chatter in your head, what would I hear?”

“What would your closest friend say to you?”

“Consider a time when you were at your best, a moment, a week, a blink, tell me about that time.”

“Tell me 3 stories of peak experiences in your life.”

“What strengths do you bring to this journey?”

“What might get in the way of this change? “How can you get past this challenge?”

“What have you learned from previous lapses?”

“Who is supporting you in your journey?”

“How would a marked shift in health change your life?”

“What do you know about ____? ” “What questions do you have about ____?”

“You have come up with a variety of options, which one do you think you can do right now?”

“Describe how you will change your breakfast to decrease the amount of foods with added sugar.”

“(reflect back the vision) does anything need to come off? Does anything need to be added?”

“What would happen if you felt stronger, more agile, with more energy throughout the day?”

“How would things change if you consistently felt good?” “What would be different about your life?”

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“What would ideal health look like for you?”
“In what ways will this information help you?”
“How has _____ served you in the past?”
“When do you notice that you have the most energy, or feel the best during an average day?” “What is going on at this time?” “Why do you feel good during this time and what steps can you take to incorporate more of what you discovered into each day?”

“Who do you know that are role models for the health that you desire?” “What do they do?” “What can you learn from them?”

“The beliefs of the best you can achieve are your personal limits.” “Where did these beliefs come from?” “Would you be willing to consider shifting them in some small or large way? What would the shift look like for you?”

“In every moment our lungs breathe, our heart pumps, and our brain thinks. For most of us, our ears listen, our eyes see, our stomachs process, our kidneys and liver cleanse, our intestines absorb and remove, our legs walk, our hands write, and our hearts feel. We often take all this for granted, and yet each aspect of our bodies is so miraculous. Each organ and cell is an intense area of study by itself. What aspects of your body will you notice and appreciate today that you often take for granted?”

“(Revisit the vision) is this vision still powerful for you?” “What stands out now that you value the most of your vision?”

“Is there anything that you want to change about your vision now?”

“I’m curious do any of these ideas surface as a goal you’d like to commit to in the next 3 months? I’d like to honor your choice, I’m curious if there are any others that surface that would not feel like an undue burden?

“When you commit to (state the goal) what does that look like for you?”

“You talk about what you could do, I’m curious what you will do?”

“On a scale of 1-10 with one being not at all and ten being very powerful, how important/confident is (state the goal)”

“What one thing can you do, no matter how small, to begin moving in the direction of the health you desire?”

“Our time is just about up for today, in honoring your time, is there anything that you would like to still discuss for today?” “I can hear that this is an important topic for you, do you feel that we can adequately cover it for you in our 5 minutes or is this something you’d like to begin with at our next session?”

“What small step will you take between now and our next appointment that will reap you the biggest reward?”
“What immediate benefit will you realize when you ___?”

“What are your thoughts on scheduling another session?”