



Life

Tweaking

**Questions for Coaching,
Mentoring and Inviting Change**



St Luke's
Innovative
Resources

www.innovativeresources.org

Achievement

- What is your proudest achievement?
- How do you acknowledge success?



Adventure

- What has been your biggest adventure?
- What's next?

Balance

- How do you bring balance to your life?
- When do you feel off balance?



Challenge

- What challenge would you like to take on?
- What is testing you most right now?



Change

- What's just around the corner?
- What changes would you like to make?

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Communication

- What is good communication?
- How might you improve your communication?



Community

- What communities are you part of?
- How do you participate?



Compassion

- What acts of kindness have touched you?
- When do you struggle to find compassion?

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Confidence

- When are you most confident?
- When are you less confident?



Control

- When is being in control important to you?
- When could you let go a little more?

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Courage

- When have you been surprised by your courage?
- How could courage be useful to you now?



Creativity

- When are you at your creative best?
- How could you invite more creativity into your life?

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Determination

- When have you refused to give up?
- How do you maintain your determination?



Energy

- How do you know when your energy is running out?
- How do you refuel?

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Fairness

- If you could correct an injustice, what would it be?
- When have you stood up for fairness?

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Family

- Is your family getting enough of you?
- What does your family do well?

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Feedback

- How do you prefer to give feedback?
- How do you prefer to receive feedback?



Finances

- How well do you think you manage money?
- What would you do if you had a large windfall?

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Forgiveness

- Why forgive?
- Can you describe a time when you experienced forgiveness?



Freedom

- When do you feel free?
- When do you feel stuck?



Generosity

- Who inspires you with their generosity?
- How might you be more generous with yourself?



Goals

- What are your goals?
- What will it take to achieve your goals?

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Gratitude

- What are you thankful for?
- How do you express gratitude?

Happiness

- When have you experienced a moment of happiness?
- What brings you happiness right now?



Health

- When do you feel most healthy?
- How do you manage stress?

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Humour

- What makes you laugh?
- When has humour been useful?

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Job Satisfaction

- How important is job satisfaction to you?
- How could you increase your job satisfaction?



Leadership

- Is there a leader who inspires you?
- How would others describe your leadership style?



Learning

- What would you like to learn?
- How do you learn best?



Loyalty

- What are you loyal to?
- Have you ever been loyal to something and then changed your mind?



Meaning

- What is meaningful to you?
- What is not important to you?

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Privacy

- What areas of your life are private?
- How can privacy be protected?

Purpose

- Where are you heading?
- What legacy would you like to leave behind?



Relationships

- What relationships are most important to you?
- How do you build relationships?



Relaxation

- How do you know when it is time relax?
- How do you relax?



Resilience

- When have you been resilient?
- How do you get through tough times?

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Respect

- How do you earn respect?
- How do you show respect?



Responsibility

- What responsibilities do you enjoy?
- What responsibilities do you struggle with?



Risks

- Are there any risks you would like to take?
- What's stopping you?

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Roles

- What are some of your key roles?
- How do you manage when roles clash?



Security

- How secure do you feel in your life right now?
- How important is security to you?

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Self-discovery

- What three words would you use to describe yourself?
- What aspects of yourself would you like to explore further?

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Service

- How do you give back?
- What are your unique gifts?



Strengths

- What would your friends say are your key strengths?
- What strengths would you like to develop further?



Support

- How do you show your support?
- Who is there for you?

Teamwork

- When have you experienced good team work?
- What do you contribute to your teams?

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Time

- Do you manage to meet your priorities?
- If you had more time, what would you do with it?

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Trust

- How do you know when to trust?
- How do you build trust?

Vision

- What is your most hopeful picture of the future?
- How might your vision for the future affect others?



Work

- What is the most important work you do?
- What changes would you like to make in your work?

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