



1. Where do you feel stuck?

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2. Can you say more about that?

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3. How does that resonate with you?

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4. And?

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5. And then what?

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6. If you did know the answer, what would it be?

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7. Would you mind if I shared something?

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8. What is the very next question I need to ask you?

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9. What would be helpful to hear from me in this moment?

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10. When will you begin?

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11. How long have you been dealing with this?

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12. How much of your time, attention, energy and power are spent on this situation/issue?

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13. What would be the best possible outcome?

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14. What percentage of responsibility do you take for the current situation?

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15. How might this be happening “FOR You” vs. “TO you”?

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16. What does that get you?

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17. How does this situation serve you?

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18. How does this situation NOT serve you?

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19. What is comfortable about where you are now?

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20. Have you seen this (pattern) before?

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21. What do you know to be true about this situation?

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22. How true to yourself are you being in this situation?

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23. What are your feelings about this situation?

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24. What are some of your thoughts about that?

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25. What is it you really believe about this issue or situation?

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26. Where do you feel or hold this in your body?

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27. If this had roots, where would they go?

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28. Where do you feel yourself holding back or putting on the brakes?

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29. If you could wave a magic wand, how would you change the situation?

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30. What would be possible for you if you did not have to deal with this?

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**31. How much more time and energy
are you willing to give to this?**

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**32. What is the wildest thing you
envision yourself doing?**

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**33. If you could change anything in your
life right now that has had (or may have)
an impact on your health,
what would it be?**

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**34. How would you compare your health and energy level to one year ago?
To three years ago?**

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35. When have you felt the healthiest, strongest and/or happiest in your life?

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36. When was the last time you felt “In balance”?

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37. How would you rate your Self-Care on a scale of 1-10?

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38. How much responsibility do you currently take for your own Self-Care?

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39. Whose care are you responsible for?

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40. Who takes care of you?

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41. Who else is on your Wellness Support Team?

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42. What is not getting done that you can no longer tolerate undone? (a.k.a. What keeps you up at night?)

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43. What on your “to-do” list keeps getting put off?

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44. What is it costing you to not pursue your goals?

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45. What is the risk to make this change now?

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46. What is the risk to NOT make this change now?

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47. Could you imagine yourself in this same situation in six months, in one year, in five years?

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48. What would be best for you?

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49. What are you looking forward to?

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50. What do you/don't you want?

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51. What do you need vs. want?

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52. What are you settling for?

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53. What won't you settle for?

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54. What is the worst possible thing that could happen?

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55. What is the best possible thing that could happen?

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56. Why choose the same old options when you could try something new?

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57. What would have to happen in your life for you to make a change?

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58. What do you believe it will take to see a change that lasts?

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59. What would you have to let go of in order to make this happen?

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60. What are the pros vs. cons of your possible choices?

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61. What is the short-term vs. long-term impact of your choice?

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62. What do you perceive to be the obstacles to your success?

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63. Who will feel left behind/hurt/upset if you make these changes?

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64. What will happen if you rock the boat?

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65. Who does this keep you connected to?

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66. What would it mean about you if you went after your goals?

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67. What would reaching this goal mean about you?

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68. Why is this so important to you?

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69. Is this an “I should do it” or an “I want to do it” goal?

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70. What do you imagine will change?

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71. What would be the most meaningful goal you could set for yourself?

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72. When would you like to start seeing a change?

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73. How motivated are you to make a commitment to change on a scale of 1-10?

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74. How do you define failure?

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75. How do you define success?

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76. What does it look like when you procrastinate?

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77. Are you experiencing Goal Fatigue?

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78. How will you know when you have succeeded?

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79. What does great support look like for you?

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80. Is there anything else you'd like me to know about you?

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81. How can you chunk this down into baby steps?

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82. How do you eat an elephant?

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83. How did your action steps go?

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84. What will keep you going when the going gets tough?

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85. How do you celebrate success?

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86. What is the very next thing you need to do?

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87. Where do you give away your power?

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**88. What or who is holding you back
from taking the next step?**

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**89. Who or what is sabotaging
your success?**

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**90. What is the particular belief, feeling
or way of thinking you hold about
yourself that stops you in your tracks?**

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91. What are the earliest messages you recall hearing about money?

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92. What have you tried that was effective in the past?

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93. What have you tried that was NOT effective in the past?

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94. What successes have you experienced and enjoyed in your life?

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95. How would it be to step out of this stuck place for a moment and look at yourself in this situation?

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96. If you were the coach and I was the client what would you tell me?

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**97. What is the one word or sentence
at the heart of this?**

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**98. What do you need to know or do
in order to move forward?**

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**99. Is there a way you might create a
little space and forgiveness
for yourself in this situation?**

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100. What is one way you could be gentler with yourself?

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101. What does your Inner Critic have to say about this?

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102. What does your Highest/Wisest self say?

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**103. What is the absolute truth
you need to tell yourself?**

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104. How would it be to...?

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**105. How important is it to you that
things be as perfect as possible?**

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106. How important is it to others in your life that things go perfectly?

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107. What is/is not in your control here?

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108. What is truth vs. fiction here?

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**109. What gets you back on track
the fastest?**

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**110. What is the very next step
you will take?**

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**111. What do you NEED in order to
take the next step?**

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112. What is the potential gift or opportunity here?

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113. What have you learned so far from this?

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114. What necessary conversation needs to take place?

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**115. Are there other perspectives
to consider?**

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**116. What are your perceived strengths,
tools, skills & resources?**

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**117. What are your perceived
weaknesses?**

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118. What comes easily to you?

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119. What is always a challenge for you?

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120. What do you love to do?

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121. What are your power times of the day?

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122. What happens when your energy dips?

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123. What/who drains your energy?

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124. What/who raises your energy level?

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125. What tends to build your confidence?

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126. What tends to make you feel small or break your confidence?

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127. How do you know you have had enough?

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128. What are your key takeaways from today?

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129. What is something you can use to anchor this feeling of success to motivate yourself going forward?

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130. What is still worth exploring?

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131. Where is there to go from here?

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132. What message does your past/future self have for you now?

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133. What is the Big Picture Vision for your life?

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134. What is your Purpose?

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135. What will be your Legacy?

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136. How can you play a bigger game?

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137. What greatness/potential are you hiding behind?

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138. What does the next best version of you/your life look like?

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**139. What would you do if you knew
you could not fail?**

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**140. If money were not an issue,
what would you do?**

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**141. What is on your “Bucket List”
or Life List?**

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142. What are you holding onto from your past that is no longer serving you?

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143. What if you designed your life this way before you were born?

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144. How do you see yourself spending this one lifetime?

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145. What is one thing you would do/change if you had the guts to do it?

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146. What do you keep choosing instead of what you really want?

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147. What is the most powerful place you can sit in this situation?

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148. What must you release in order to receive all that is waiting for you?

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149. How can you take a step into your own greatness?

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150. If not now, when? If not you, who?

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