Sample Reflection Questions You Can Anticipate in a Coaching Session

Click here

*For Discover the Gift of You!*

1. What are your three greatest strengths?
2. Tell me some of the biggest challenges in your life.
3. How do you overcome challenges?
4. What do you like about yourself?

*For Wellness Coaching*

1. Describe how satisfied you are with your overall health.
2. What is motivating you to make nutritional and dietary changes now?
3. What would your life look like right now if you were truly healthy?

*For Destiny Discovery: Retirement, Career Change, or Life Purpose*

1. What makes your heart sing?
2. What are you great at?
3. What do you dream of doing?

*Online Play to Lose Game*

1. **Power Up with Super Fun:**  I just planned my 7-Day “Play to Lose” challenge. Here are my SMART goals and my ultimate outcome for the week.
2. **Power Up with Attitude with Gratitude**: I have had some bumps and lumps in the road but on previous weight loss attempts. I am going to find 7 inspirational quotes or sayings that will help me change my attitude and become more grateful, more aware, and more authentic. I will share these here and each day on Facebook.
3. **Power Up with Social Power**: I am aware that I cannot do this game alone. I need my team, my coach, and others to keep me motivated. Here are the 7 people I will call on this week for help. Here is my plan on how to involve them in my “Play to Lose” game. (Hint: You may want to invite them to join in the game at any time!)