



100 Life Coaching Questions for Every Situation

Powerful questions organized by situation, from session openers to accountability, career, and wellness.

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How to Use This Template

Use these questions as prompts during your coaching sessions. Browse by category to find the right question for the moment, whether you're opening a session, digging deeper, or helping a client get unstuck. Adapt the wording to fit your client and your style.

Questions to Open Your Sessions

1. What's alive in you today?
2. What would make this a powerful conversation for you today?
3. What would be the best use of our time today?

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4. What goal would you like to set for our session today?
5. What's on your mind today?
6. What would you most like to talk about?
7. What would you like to get out of our time together?
8. Since our last session, what's shifted for you?
9. What feels most urgent for you to work on right now?

Questions to Close Your Sessions

1. What do you take away from our conversation today?
2. What did you learn today that you want to carry forward?
3. Was there something you wanted to share but didn't get to?
4. What was the biggest win of this session for you?
5. What action step would you like to commit to before our next conversation?
6. How would you rate this session on a scale of 1-10, and what would make it a 10?
7. What would you like to remember most from today?

To Dig Deeper

1. Can you tell me more about that?
2. What else?
3. What if you secretly did know the answer?
4. What do you think might be behind that?
5. What do you think is the underlying reason for this?
6. How does this situation make you feel on a deeper level?
7. What past experiences might be influencing your thoughts here?
8. How does this align with your core values and beliefs?
9. What are the long-term consequences of the choices you're considering?
10. What fears might be holding you back from taking action?
11. If you said that to someone you love, how would it land?

To Get Unstuck

1. How does that serve you?
2. How has that been working out for you?
3. What will it cost you if things remain the same?
4. How else could you respond to this situation?
5. What's standing in your way?
6. How would things be different if we removed that obstacle?
7. If you had a magic wand and could change anything, what would that be?
8. What do you feel you're missing in order to move forward?
9. What's the smallest step you could take right now?
10. What would you do if you knew you couldn't fail?
11. What story are you telling yourself about why this isn't possible?
12. What would need to be true for this to feel possible?
13. If a close friend described your situation from the outside, what would they say?

To Envision the Future

1. What would be an inspiring future for you to work toward?
2. How would your life look a year from now if you got everything you wanted?
3. What's the best possible outcome that could happen?
4. Would you like to explore this dream and see if it's a real possibility?
5. What does your ideal life look like in five years? Describe it in as much detail as you can.
6. How would you like to grow and develop as an individual in the next year?
7. What steps could you take to make your dream career a reality?
8. How can you maintain a healthy work-life balance while pursuing your goals?
9. If you looked back on this period of your life in ten years, what would you want to have done?

Miracle Questions to Widen Perspective

1. If you woke up tomorrow and a miracle happened, what would be the first thing you'd notice that told you something had changed?
2. Imagine you've achieved all your goals. What does your life look like now?
3. If all obstacles were removed, what would be the one thing you'd love to accomplish?
4. Close your eyes and picture your perfect day. Walk me through it.
5. What are the most significant changes that would have happened once you've hit your goals?
6. If you had unlimited resources and support, what would you do differently?
7. Picture yourself a year from now, having achieved everything you wanted. Describe your life in detail.
8. What would you like your legacy to be, and how can you start building it today?
9. If fear and doubt were no longer holding you back, what would you do?
10. Imagine you have all the confidence you need. How would that change your decisions?

Questions to Explore Values and Identity

1. What matters most to you in life?
2. When do you feel most like yourself?
3. What are you tolerating in your life right now that doesn't align with who you want to be?
4. If you could only keep three things in your life, what would they be?
5. What would the best version of you do in this situation?
6. What would you regret not doing?
7. What does living in alignment actually look like for you, day to day?
8. Where in your life are you saying yes when you mean no?

Questions for Accountability and Follow-Through

1. What specifically will you do, and by when?
2. How will you hold yourself accountable between now and our next session?
3. What might get in the way, and how will you handle it?
4. Who in your life will support you in this?
5. What does success look like when you check back in with me?
6. What support do you need to make sure this actually happens?
7. What will you do differently this week compared to last week?

Questions for Difficult Sessions

1. What's making this topic difficult to talk about right now?
2. What would it take for you to feel ready to address this?
3. What are you protecting yourself from by staying where you are?
4. What would you say to a close friend who was in exactly this situation?
5. What do you need from me right now: to be challenged or to be heard?
6. What would make it feel safer to explore this?

Career Coaching Questions

1. What does your ideal workday look like from start to finish?
2. If money weren't a factor, what work would you still want to do?
3. What strengths do you most want your career to use?
4. What would you need to believe about yourself to make this career change?
5. What has stayed consistent about the work you find meaningful, across every job you've had?
6. Who in your field do you admire most, and what specifically do they have that you want?
7. What would you tell someone ten years younger who was in your position right now?
8. If your current job was going away in six months, what would you do next?

Accountability Coaching Questions

1. On a scale of 1-10, how committed are you to this goal right now? What would move it one point higher?
2. What has to be true in your environment for this to get done?
3. What have you been putting off the longest, and what's the real reason?
4. If someone was watching you this week, what would they see you prioritizing?
5. What one thing, if you actually did it consistently, would change everything?
6. Where are you letting yourself off the hook, and is that okay with you?

Health and Wellness Coaching Questions

1. What does taking care of yourself actually look like when you're at your best?
2. What gets in the way of that on a normal week?
3. How does your physical energy affect everything else you're trying to do?
4. What's one small health habit that, if you kept it for a month, would make you feel different?
5. What are you doing for yourself that no one else can do for you?
6. If your body could tell you something right now, what do you think it would say?