

POWERFUL QUESTIONS TO ASK *during coaching sessions*

- Why is this a problem?
 - What am I making this mean about me?
 - What am I afraid of?
 - What does my patriarchal blessing say about my divine self?
 - What would I say to my child or close friend who felt this way?
 - What if the opposite were true?
 - Is that thought serving you?
 - Could that thought becoming from the adversary?
 - Is that a thought your Heavenly Father would want you to believe?
 - How does God see me?
 - Do I want to choose to think that way?
 - What emotion does that thought create for you?
 - How do you react/respond/show up when you think that way?
 - If you DID know the answer, what would it be?
 - What do I know for sure?
 - Is that true?
 - What other perspective is available?
 - How can I see this from a heroic perspective vs a victim perspective?
 - Who am I? Who am I in this scenario? Who do I want to be?
- What details am I missing that might change my outlook? (what could be going on behind the scenes for them?)
- How am I showing up?
 - How do I want to show up?
 - How can this shape me for the better?
 - What would I do if I knew I could not fail?
 - How do I want to feel?
 - How could this work for my good?
 - Am I taking responsibility or blaming?
 - What if there was no wrong decision?
 - What is there to celebrate?
 - Why does that matter?
 - What if the opposite were true?
 - What if that was okay?
 - What if you were the hero of this story?