

# FIGURE OUT WHAT IS REALLY HOLDING YOU BACK

## & START ACHIEVING YOUR GOALS

COACHING QUESTIONS INSPIRED BY *MAYBE YOU SHOULD GIVE UP* BY BYRON MORRISON

- How do you tend to get in your own way?
- What kinds of thoughts, beliefs and behaviours limit you?
- What are you afraid might happen if you do or don't get what you want?
- How true are those concerns? What evidence do you have both for and against them? How could you address these concerns so that they no longer deter you from pursuing your goals?
- What would the future you, who has already achieved the goal, think and believe and how would that person behave?
- Consider some of the challenges or situations you are facing in your life. What are you telling yourself about these circumstances and how are you currently reacting to them? How could you respond differently? What other options might you have?

- Why do you want the goal/s you have set? How much do they come from you and truly reflect what you really want out of life?
- How urgent and/or important are each of your goals? What do you have to gain by achieving them?
- What is the cost of not achieving your goal/s?
- How might you actually be benefiting from not making any changes in your life right now?
- What actions do you need to take consistently that align with the goals you have?
- What can you do on a regular basis to monitor your progress and ensure that you stay on track?
- How can you make this journey more rewarding and enjoyable?
- Who can best support you as you move towards your goals? What specific support do you need from these individuals or groups and how are you going to get it?