



# Empowering Questions

Empowering questions are powerful, open-ended, clarity seeking, probing, challenging, thought-provoking, future directed, solution oriented questions that cause a person to search for answers and new possibilities.

How does that make you feel?

What can you do about that?

What about that is important to you?

What's another way to look at that?

What works well?

What will you do the next time?

How would you be able to live with that?

What do you need to get that done?

What does your intuition tell you?

How do you think that will work?

Give another way to look at that?

What is the best/worst thing that could happen?

How would you have to change your thinking in order to do that?

How would trying that feel to you?

What do you think about that?

What really excites you about that?

What are you unwilling to give up?

What keeps you going?

When can you start?

Who in your life is distracting you from achieving that?