

The John Maxwell TGOROW System for Self-Assessment and Personal Coaching



Topic

What would you like to work on today?

Goal

What is it that you want to achieve?

What is the time frame?

What intermediate steps can you identify, with their time frames?

Where do you see yourself a year from now?

Outcome

What do you want to get from this session today?

What must you have from this session that takes you positively in the direction of your goal?

Reality

What's happening at the moment?

Describe your day....

What control do you have?

What action have you taken so far?

How much influence do you personally have over the outcome?

What and how great is your concern about it?

What has stopped you doing this before?

What obstacles will need to be overcome on the way?

What resources do you already have?

What other resources will you need?

Where will you get them from?

What helped you before?

Who else is effected/involved/needed to support you on this?

What else?

What is the most challenging part of this for you?

What advice would you give to a friend in this situation?

Imagine talking to the wisest person you know. What would he or she tell you to do?

I don't know where to go on this, where would you go?