

The John Maxwell TGOROW System for Self-Assessment and Personal Coaching – Page 2



Options

What are the different ways in which you could approach this issue?

Tell me 5 things that you might be able to do to solve this issue.

What else could you do?

What would you do if you had more time, a larger budget, or if you were the boss?

What would you do if you could start again with a clean sheet?

What options would you offer a friend seeking advice? What are the advantages and disadvantages of each?

Which would give the best results?

Which appeals to you most/feels best to you?

Which would give you the most satisfaction?

Would you like to add a suggestion from me? (only offered with your partner's permission and after all known avenues have been explored)

Way Forward

Which of the options highlighted are you prepared to take action on?

In what way do they meet your objective?

What could hinder you in taking these steps or meeting the goal?

On a scale of 1 to 10 – how important is it that you do this in the next week?

If lower than 7 Test – benefit

What prevents this from being a 10?

What could you do to alter or raise your commitment?

What personal resistance do you have, if any, to taking these steps?

What is this going to do for you?

How are you going to feel once you have done this?

Is there anything else that you want to talk about now or are we finished?

Close & Session Assessment

Have you accomplished what you wanted from this session?

If not, what else do you think you need?