

30 Strengths-Based Coaching Questions

Ask these questions to help your client's uncover their unique strengths & talents:

1 Strengths

Tell me 3 of your strengths right off the top of your head.

2 Daily Strength

Tell me about how you use one of those strengths in your day?

3 Enjoyment Indicator

What do you enjoy doing? (we usually enjoy what we're good at)

4 Self-Appreciation

What do you like about yourself?

5 Last Compliment

What's the last compliment you received? Why do you think they said that?

6 Pride Point

What are you proud of in your life?

7 Energy Booster

When have you felt most energized? What were you doing?

8 Best Friend's View

What positive attributes would your best friend say about you?

9 Small Joys

What small things do you enjoy the most?

10 Untackled Tasks

What tasks are always left on your to-do list?

11 Creation Highlight

What have you created or brought into the world? Tell me why you devoted your time to that.

12 Colleague's Perspective

What would your colleagues say are your strong points at work?

13 Admirable Trait

What do you admire most about yourself?

14 Thrilling Moments

What situations make you feel alive and excited?

15 Success Story

Tell me about a success you're proud of.

16 Admiration Map

What do you admire most in others? Where are you already doing that in your life?

17 Skillful Volunteer

Tell me about a time you volunteered your skills.

18 Friendly Description

What nice things would a friend say about you when describing you to another person?

19 Overcoming Challenges

Tell me about a challenge you've overcome.

20 Bringing Out the Best

What kinds of situations bring out your best?

21 Career Traits

What specific traits brought you to where you are today in your career?

22 Superpower Fantasy

Imagine yourself as a superhero, what is your superpower?

23 Friend's Perspective

What do your friends say they like best about you?

24 Ease Factor

What things come easily to you?

25 Source of Joy

What brings you joy?

26 Passion Unveiled

What are you passionate about? Why?

27 Confidence Boost

Tell me about a time when you felt confident and accomplished. What traits did you use in that situation?

28 Celebratory Vision

Close your eyes and envision yourself celebrating your success. What are you doing?

29 Legacy Description

How would a loved one describe your legacy?

30 Reactive Moment

When you explained that, I noticed you sat up straight & began talking faster, tell me more about this reaction.