



CO-ACTIVE
TRAINING INSTITUTE



52 Self-Discovery Questions Every Coach Should Ask Their Clients

Questions to Gain Clarity on Core Identity & Values

1. What are the three most important values that guide your life?
2. What kind of person do you aspire to be, and how aligned are you with that vision?
3. What are the biggest influences (people, experiences, books) that have shaped who you are today?
4. What non-negotiables do you have in your personal and professional life?
5. What qualities do you most admire in yourself?
6. Describe yourself in one sentence: Who are you?
7. How do you define success in a way that's meaningful to you?
8. What parts of yourself do you hide from others, and what would it mean to express yourself fully?
9. What recurring themes would appear if you wrote out your life story so far?
10. What do you know to be true about yourself that others often misunderstand?

Navigating Change & Decision-Making

11. What is a major life decision you currently face, and what is holding you back from making it?
12. What options do you have, and which one excites (or scares) you the most?
13. What is the worst-case scenario if you make this decision? How would you handle it?
14. What past decision are you most proud of, and what made it successful?
15. How do you typically make big decisions—through logic, intuition, or external validation?
16. If you fully trusted yourself, what decision would you make?
17. How will your future self look back at this moment in five years?
18. What is one small action step you can take today to move forward?

Strengthening Confidence & Self-Worth

19. When was the last time you felt truly confident, and what contributed to that feeling?
20. What is one achievement that you don't give yourself enough credit for?
21. How do you typically talk to yourself, and how can you make it more empowering?
22. What is one thing you are great at that others often acknowledge about you?
23. How would you show up differently if you fully owned your strengths?
24. What is one habit or mindset shift that could improve your self-confidence?
25. What compliments or positive feedback do you tend to dismiss? Why?
26. What would you do if you were guaranteed to succeed?

Overcoming Limiting Beliefs & Internal Blocks

27. What is a story you tell yourself that may not be true?
28. How do you usually respond to self-doubt, and how does it impact your decisions?
29. If you fully believed in yourself, what would you do differently?
30. What fears hold you back the most, and where did they originate?
31. How would your life change if you no longer cared what others thought?
32. What past failure or setback shaped you the most? How can you reframe that event?
33. When you face obstacles, what is your default thought pattern? (e.g., "I can't do this" vs. "I'll find a way".)
34. What is one negative belief about yourself that you are ready to let go of?

Questions to Close Your Sessions With

35. What key insight are you taking away from today's session?
36. What is one action step you will commit to before our next session?
37. How do you feel now compared to when we started this session?
38. What support or resources do you need to move forward?
39. What would make you feel more confident in achieving your goals?
40. How can you keep yourself accountable for your next steps?
41. What is one habit you could implement to improve your current situation?
42. What is something positive you want to remind yourself of daily?

43. What will success look like for you in the next week/month?

44. What are you most excited about moving forward?

Visualizing the Future

45. If you could design your ideal life, what would it look like?

46. Where do you see yourself in five years, and what excites you most about that vision?

47. What is one bold move you can make toward your dream life today?

48. What would need to change in your current reality for that vision to become possible?

49. What is the first small step you can take toward your ideal future?

50. How do you want to feel each day, and what habits would support that?

51. If your future self gave you advice today, what would they say?

52. What is one commitment you can make right now to start living more intentionally?

For more, check out these other blogs about
[Powerful Questions](#) and [Core Values](#)

