

# Co-Active Coaching Toolkit

## Homework Inquiries

Life transformation doesn't just happen in the coaching session—it continues between them. This tool offers a curated set of reflective prompts and self-generated actions clients can engage with between calls to deepen awareness, challenge assumptions, and stay connected to their growth.

These inquiries have no “right” answer. They are invitations to your client to pause, explore, and evolve. Offer these questions to your client as homework, and encourage your clients to reflect, notice what surfaces, and journal their thoughts.

Co-Active Training Institute has more inquiries to equip coaches, and you can add to this list, too, with your own questions that spark reflection.

### REFLECTION CATEGORIES & SAMPLE INQUIRIES

#### Start with Awareness

- ▶ What do I want—really?
- ▶ What am I tolerating?
- ▶ What is integrity for me right now?
- ▶ How aligned am I with my values today?
- ▶ What is my habitual emotional tone, and is it serving me?
- ▶ Where is my attention going most often?

#### Fueling Motivation

- ▶ What am I building?
- ▶ Who am I becoming?
- ▶ What lights me up?
- ▶ What am I choosing this week?
- ▶ What would it mean to be undaunted?
- ▶ What is it to act from passion, heart, or purpose?

#### What's Working

- ▶ What gives me energy?
- ▶ What is already working well?
- ▶ What patterns support my growth?
- ▶ What is present when I'm at my best?
- ▶ Where am I too hard on myself?

#### When I Feel Stuck

- ▶ What am I resisting?
- ▶ What fear or false assumption is at play?
- ▶ What am I unwilling to risk?
- ▶ If I trusted myself completely, what would I do now?
- ▶ What would “leaning in” look like right now?
- ▶ What's the cost of staying where I am?

# Co-Active Coaching Toolkit

## Pleasure & Presence

- ▶ What am I grateful for?
- ▶ How can I care for myself with intention?
- ▶ What will recharge me?
- ▶ How can I build joy, beauty, or balance into this week?
- ▶ What is fun—for me?
- ▶ Who can I bring a smile to today?

## Completion & Integration

- ▶ What did I learn about
- ▶ What progress am I proud of?
- ▶ Who did I become by doing that?
- ▶ What acknowledgment do I want to give myself?
- ▶ What will it take to maintain momentum?
- ▶ What is ready to be completed?

## Provocative Edge

- ▶ Where am I playing small?
- ▶ What would “big” look like?
- ▶ What complaint/fear/bad habit can I do something about today?
- ▶ Where am I selling out on myself?
- ▶ What am I settling for?

## SUGGESTED ASSIGNMENTS

Encourage clients to take simple, doable actions that bring insights to life. Here are a few ideas to get started:

- ▶ Do the bold thing first each morning.
- ▶ Choose joy or gratitude intentionally each day.
- ▶ Track when you notice your Saboteur in action, and identify the most prevalent conversations.
- ▶ Say “no” 3 times this week.
- ▶ Take a risk this week.
- ▶ Identify a pattern to shift—and gather evidence of doing it differently.
- ▶ Catch yourself growing—noticing mistakes without judgment.