

# 5 Coaching Questions to Spark Insight on Your Own

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Curious about how coaching questions work? Try journaling your answers to these five simple but powerful questions—then notice what new insights emerge.

**What's something I've been feeling stuck with lately?**

**What would I like to be different about this situation?**

**What's one small step I could take this week?**

**What assumptions might I be making about this challenge?**

**If I knew I couldn't fail, what would I try?**