

Coach Yourself to Success Open-Ended Questions

An open-ended question is one that cannot be answered by “Yes” or “No”, or a single word answer. Asking open-ended questions is a way to discover what you really think and feel. They encourage you to look at the complete answer and become aware of what you’re thinking and feeling.

Open-ended questions usually start with “what”, “how”, or “please tell me about.....”

Below are some examples of open-ended questions:

What do I want the most?

How do I see that playing out?

What do I need to do to make this work?

What are my strengths?

What are my expectations, concerns, hopes, fears, wishes, etc.?

What am I willing to do to make it happen?

How will I know when I’ve achieved it?

When was a time in my life when I’ve been in a similar situation.

How did I handle it then? Was it successful or were there things I could have done differently?

What do I need to give up to get there?

How can I make this work?

How will things change once that happens?

How will that be better?

What will it look like when I’ve achieved this goal?

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