

TOP RIGHT QUESTIONS

WHAT'S THE POINT?

Coaching is a technique to help people to think more effectively and fulfil their potential. A good coach will ask tough and challenging questions, but in a safe environment and phrased in a sensitive way so that the brain of the person being asked the questions doesn't get defensive. The trick is to ask questions that someone is curious enough to answer. It can be harder to ask yourself the same questions, without the help of a coach. However, it is often helpful as a way to expand your thinking and create additional options you could consider.

LET'S DO IT

This is an activity over 4 pages that might take you a bit more time to think about. You may want to save it for when you are in a particularly reflective mood or have something especially important on your mind.

There is a question in the Top Right corner of each page of this book. Have a quick flick through. There are several more at the top of this page and more again at TopRightQuestions.com.

Choose a question. Write your initial answer in the space opposite. Don't worry if it seems random, short or incomplete.

WHAT WOULD HAPPEN IF YOU DID NOTHING?

WHAT IS THE MOST IMPORTANT THING YOU COULD DO?

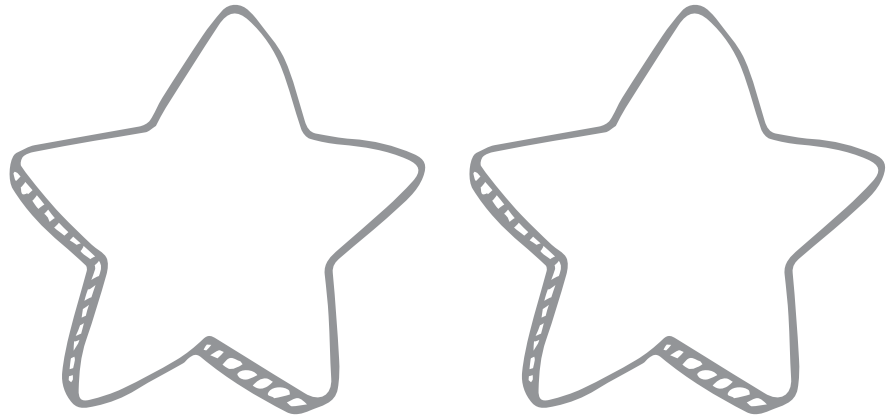
WHAT DO YOU WISH WAS TRUE, BUT CURRENTLY ISN'T?

WHAT'S STOPPING YOU?

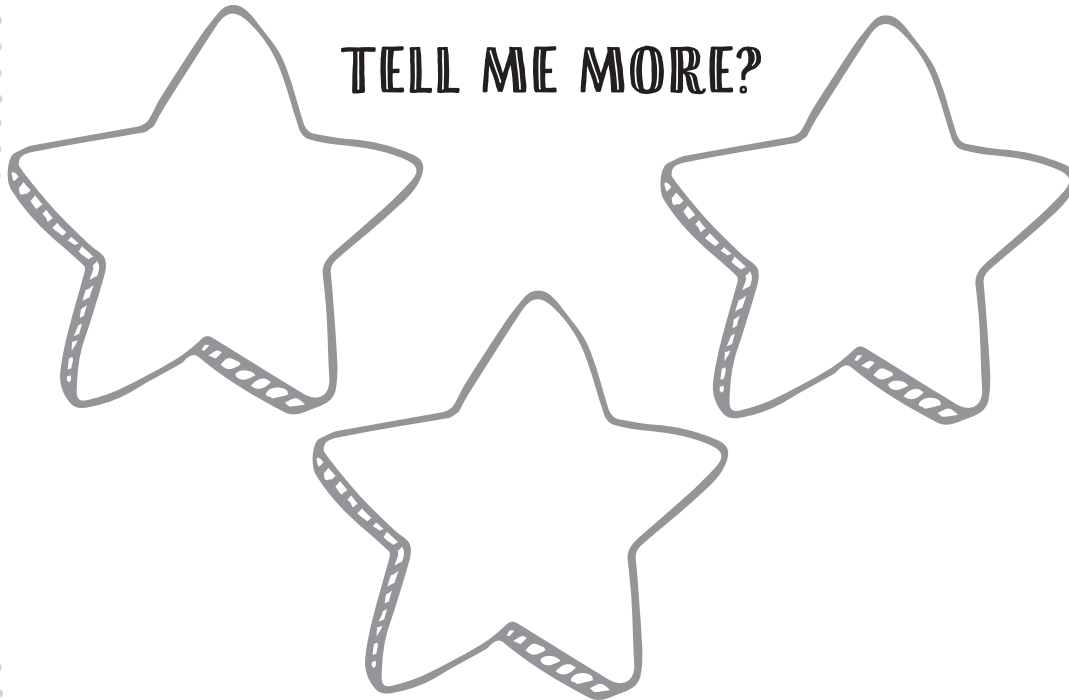


TOP RIGHT QUESTIONS CONTINUED

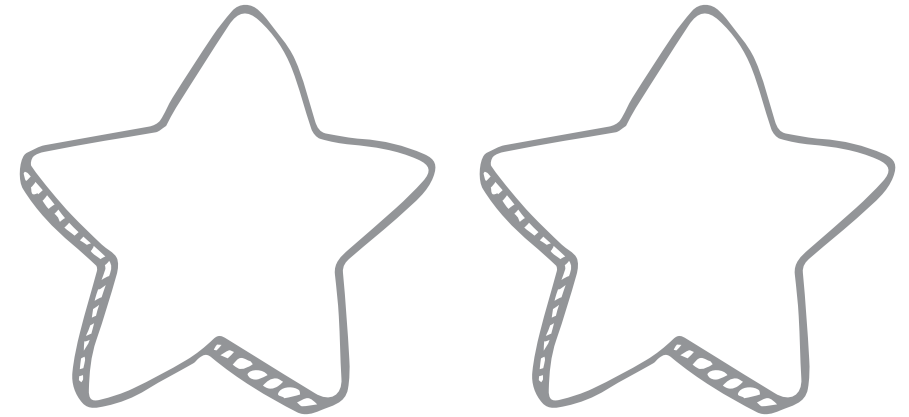
Now we are going to try to get your subconscious working hard by repeating just 2 additional simple questions - either "Tell me more?" or "What Else?" This will enable you to dig deeper into your subconscious.



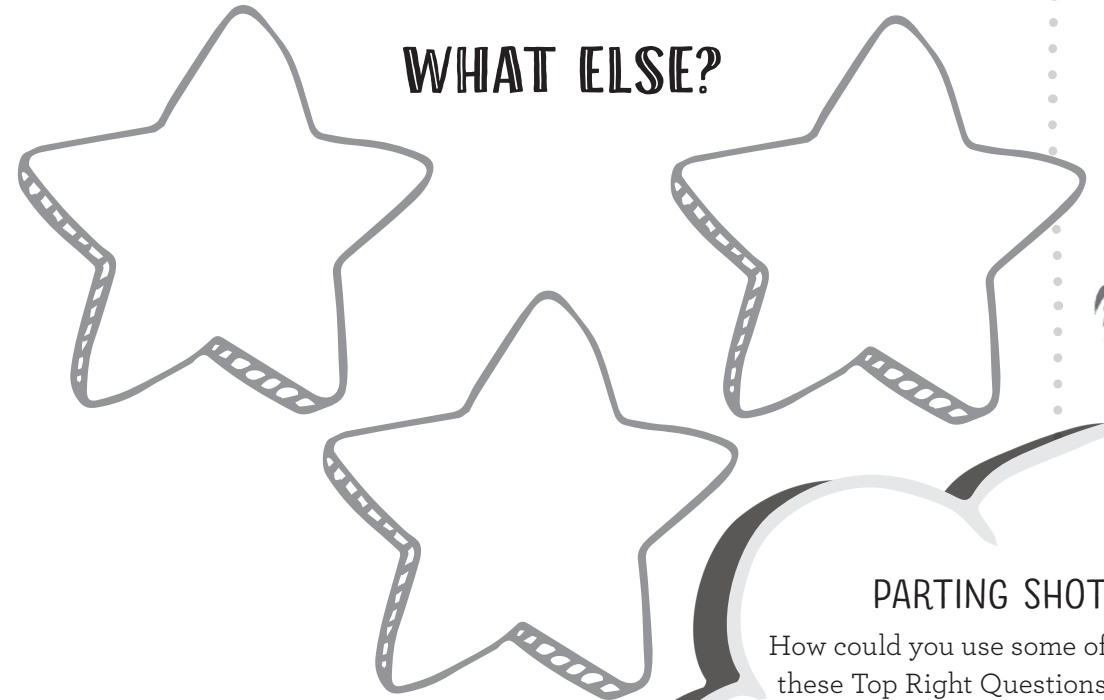
TELL ME MORE?



With time and space to think and no judgement, you should be able to find out more than you initially thought you knew about the situation you are facing.



WHAT ELSE?



PARTING SHOT

How could you use some of these Top Right Questions - and "What Else" or "Tell Me More" to help someone close to you?

"IF YOU DON'T LIKE THE ROAD YOU'RE WALKING,
START PAVING ANOTHER ONE." **DOLLY PARTON**

