

Motivating questions

- 1 What do you want?
- 2 By doing xxx what will you achieve?
- 3 What are the consequences of not achieving xxx?
- 4 what obstacles might you face and how will you overcome them?
- 5 what excites or motivates you about this?
- 6 What demotivates and how can you make it more exciting?
- 7 How do you want me to support you in achieving this goal?
- 8 How will you celebrate or reward your achievement or completion?
- 9 Out of 10, how committed are you right now?
- 10 What's the first step you can take to make a start?