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50 top tools for coaching

Level	Questions	Concept	Notes
Environment	Where are your constraints? Where and what are your opportunities?	Where things happen. When things happen.	
Behaviour	What specific behaviours do you have that support you? What behaviours do not support you? Anything additional about behaviour?	What do I do? What do others do?	
Capabilities skills	What resources do you have What strategies will help you?	? How do I do things? What am I able to do?	
Values and beliefs	What motivates you? What do you believe about others? What is important to you? Anything additional about beliefs or values?	What is my conviction and why?	
Identity	Who are you? What is your purpose or mission? Anything additional about your identity?	Why am I here? What is it all about for me?	
Vision	What do you see or feel about the future? What else?	How do I relate to the future? Where am I heading?	