Questions to get you started

You can answer these in words, using symbols or pictures, to gain clarity about where you are right now. You can use creative resources to cut out pictures and words that represent answers for you. You can have one picture per question, or create a collage of pictures as you wish. Choose the questions that resonate for you at the moment.

PARENTING

What does parenting mean to you?	
In 5 years' time you would like your family to be...?	

Questions to get you started

How would you like things to unfold for you as a parent?	
What words describe how you feel about parenting?	
What aspects of your parenting motivate you or give you energy?	
Tell me three to five aspects of your parenting that you are most proud of.	

Questions to get you started

What has disappointed you on your parenting journey?	
What's important to you in terms of your parenting?	
What stops you from being the parent you would like to be?	
What learning would support your parenting?	

Questions to get you started

PERSONAL

What is unique or different about you?	
What skills, knowledge or understanding do you have?	
What do you believe in?	
What behaviours or beliefs do you hold that help you?	

Questions to get you started

What behaviours or beliefs do you hold that hinder you?	
What do you do when you are really up against a barrier or obstacle?	
What activities have meaning and spirit for you?	
Take a moment to read through what you have written so far... What two steps could you take immediately that would make the greatest difference in your current situation?	1 2.

Questions to get you started

What is the main area you would like your coaching session to focus on?	