FORWARD-FOCUS QUESTIONS

Questions for Adding Value to Meetings

- What is the principle value you are getting from this discussion?
- What two or three things are you appreciating most from this meeting?
- How can we ask questions so other people feel even more valued?
- What was the best or most useful part of this meeting?

Questions for Learning

- What did you/I learn from that situation?
- What 2 or 3 things about that are you most pleased with?
- Describe what you are thinking or feeling right now.
- What are you learning from those feelings?
- What would you/I like to do more of or differently in the future?

Questions for Working Through Issues and Building the Future

- If there were no obstacles or issues, what would I/we/you be doing right now?
- In what way could I be most helpful to you right now?
- What other questions could I ask to be helpful?
- What feelings are you having about this issue right now?
- What will the ideal look like when it is complete?
- What has worked most effectively in similar situations in the past?
- What are you looking forward to most in completing this task?

Questions for Performance Evaluation

- What areas of your performance are you most pleased with?
- Concerning that, what would you most like to be acknowledged for?
- What would a great performance be to you?
- How do you plan to enhance your performance during the next year (month)?

Personal and Family Forward-Focused Questions

- What was the best thing that happened to you today? What was special for you about that?
- What have you done today that you would like to acknowledge yourself for?
- What are you most looking forward to doing tomorrow? What did you do better today than you have ever done before?
- Of all the things we do together as a family, what do you enjoy most? What do you like best about yourself? What did you do today to make someone else happy?
- What did you do today that let you know how special you are? What did you learn today about getting along with other people?

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