

39 Mindset Coaching Questions



1. What beliefs do you hold about yourself and your abilities?
2. Are you familiar with the concept of ‘cognitive distortions’ or ‘negative automatic thoughts’? If so, are there any that you notice in yourself?
3. Can you identify any recurring patterns in your thoughts in general that you'd like to change?
4. Where might these unhelpful thoughts stem from?
5. How do you respond to your thoughts in general? Do you see thoughts as events that pop up in your mind, or do you frequently get carried away by them?
6. Can you think of a specific area of your life where you'd like to change your mindset?
7. What are some beliefs you hold about your skills and abilities in this area?
8. What would a more empowering mindset look like for you in this area?
9. What do you believe is possible for you in terms of personal and professional growth?
10. What role do stress and anxiety play in your life?
11. What coping skills do you use when you notice yourself feeling stressed or anxious?
12. What practices could you adopt for a healthier work-life balance?
13. What practices could you adopt to nurture your overall mental wellbeing?
14. Are there any specific situations or triggers that tend to impact your mindset?
15. How could you reframe your self-talk to be more encouraging and supportive?
16. Do you identify as a perfectionist? If so, how does this impact your life?
17. What steps might you take to address your perfectionism?
18. Do you have a tendency to compare yourself to others? How might you change this?
19. Do you tend to focus more on past mistakes or future possibilities?
20. When you're facing a challenge in life, what kind of mindset do you have towards it?

21. What are your beliefs around vulnerability?
22. How do you typically react to setbacks or failures?
23. What thoughts or emotions arise when you encounter setbacks or failures?
24. Let's explore the idea that our abilities and qualities can actually grow and develop over time. What are your initial thoughts on this?
25. Can you think of any times where you felt limited by the belief that your abilities are fixed?
26. What are some past achievements that show your ability to overcome challenges?
27. Can you think of a time when you faced a setback but eventually learned something valuable from it?
28. Can you think of examples where your effort and perseverance led to significant growth or achievement?
29. Do you have any role models whose mindset you admire? What can you learn from them?
30. What steps can you take to stretch beyond your comfort zone?
31. Do you have any habits that hold you back from adopting a more helpful mindset?
32. Do you have any habits that help you nurture positive emotions?
33. What goals do you have? How could a better mindset help you achieve them?
34. What can you do to stay motivated and resilient when pursuing your goals?
35. What are some small, actionable steps you can take today to start shifting your mindset in a positive direction?
36. What are your strengths? How can you leverage them to achieve your personal goals?
37. What steps can you take to practice self-compassion during difficult times?
38. What are your core values?
39. How do you set and work toward your goals? Are they aligned with your values and long-term vision?

[Want more coaching tools for mental wellbeing? Be sure to check out The Professional's Mental Wellbeing Toolkit from The Wellness Society.](#)