

Coach Gym on Ecology Checks

Scope for hidden internal barriers to change in the client incongruences, unconscious fears, holdbacks, competing commitments

Coach: What's something you're stuck on now but would like to have success in over the next 2 months? (invoke dream/ desired outcome state)

Ecology Check Question Options (don't do all, pick a few favorites):

1/ What will having that do for you? (5 whys/ flesh out benefits)

2/ What are all the possible outcomes you could get out of this desired shift?

3/ What's something you currently value, but think you may have to give up, if you got this change <insert desired outcome>? (looks for inner parts conflict/ hidden payoff in status quo)

4/ What are all the areas of your life that may change as a result?

5/ Who else in your life could be affected? (friends, family, parents, strangers)

6/ Are there any other important values affected by this change?

7/ Do you see any hidden repercussions that might cause you to pause?

Coach Closes: What can you see now that can help you have more freedom and power in this area you want success in?