

The Quantum Leap Coach System -- Overview of questions

Ecology: What consequences might this change have? (pro / con)
Is this change ok in all areas of your life?

Decision: Will you do this?

Outcome: Is this the outcome we are going for?

KPI: Is (KPI) how we will test that you have your outcome?

Detection and analysis:

I notice some all or nothing thinking going on. Do you recognize that?

Why not:

What will it cost you to keep doing this?
What will happen if you did this for another five years?

Why:

What is important about having this state?
What will that give you?
What difference will that make?

Beliefs:

What reference experience do you have for that?
What do you believe about x (trigger) that makes you feel (state)?

How:

What do you need to do?
Can you? Have you?
If you change (pattern D&A), will that allow you to do your desired state?

Beliefs:

What needs to be true to believe that?
What do you need to believe to feel (state)



VAK: What do you see / hear when you are in this state?

Trigger: Where, when and with whom specifically?

Behavior: what do you no longer want to be doing?

Context: Where, when and with whom does this state occur?



What do you want?

VAK: What will you see/hear/feel when you have that?

Behavior: What will you be able to do?