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1:1 MENTORING BIZ BUNDLE

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100 Questions to Ask

ABOUT THIS DOCUMENT

It can be supportive to have a list of lots of questions you could potentially ask your mentee in your sessions. If you're meeting them online, then having this list printed out on your desk can be great! You could also have the list handy when you're preparing for a session and looking over what their goals are.

The idea of the 100 questions is not to interrogate your client/mentee, but to feel like you've got some great powerful questions you *could* ask them to deepen their own self-discovery, explore the resources they have around them, reflect and help them to make decisions on their next steps. Enjoy!

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100 POWERFUL QUESTIONS

Here's a list of 100 powerful questions categorised into different themes that youth mentors can ask their mentees:

General questions:

1. What do you need to do/be/have/ask for to make that happen?
2. If you could do anything, what would you do?
3. In your most ideal situation, what would happen?
4. What do you think is the best way to handle the situation?
5. If you were living according to your own best version of yourself, what would you do next?
6. What are some possible solutions?
7. What are your options to move through this?
8. What would bring you the most happiness and joy?
9. Would you like to brainstorm…
10. What steps are you prepared to take?
11. If you felt free and independent in this moment, what would you do?
12. If you got….. What would be different for you? How would that feel?
13. What is getting in your way?
14. What can you do today to get you back on track?
15. How could you simplify that?
16. What resources do you need to help you?
17. What would a person with loads of self-love do in this situation?
18. What's your heart telling you?
19. What's your next step?
20. Let's reflect. How far have you come?

Self-Awareness and Self-Discovery:

21. What are your strengths, and how can you leverage them?
22. What are your values, and how do they guide your decisions?
23. What makes you feel alive and passionate?
24. What are your dreams and aspirations?
25. What are your fears holding you back from?
26. What lessons have you learned from past experiences?
27. What gives your life meaning and purpose?
28. How can you practise more self-compassion?

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29. What qualities do you admire in others, and how can you cultivate them?
30. What brings you a sense of inner peace and contentment?

Friendship Troubles and Communication:

31. What did this friendship mean to you, and what made it special?
32. Can you share your perspective on what happened that led to the conflict or drama?
33. How did this situation make you feel, and what emotions are you currently experiencing?
34. In an ideal world, how would you have wanted things to play out differently?
35. What do you think were the underlying reasons or misunderstandings that contributed to the drama?
36. Looking back, is there anything you would have done differently to prevent or manage the situation better?
37. What have you learned about yourself, your values, and your boundaries through this experience?
38. How can you practise self-compassion and forgiveness, both for yourself and your friend?
39. What kind of support or advice would be helpful for you as you navigate this friendship challenge?
40. If you could have an open and honest conversation with your friend, what would you want to express or ask for?

Confidence:

41. What are your unique strengths and qualities that make you feel confident?
42. Can you recall a time when you felt particularly self-assured, and what contributed to that feeling?
43. What are some areas or situations where you tend to feel less confident, and what do you think holds you back?
44. How can you reframe self-doubting thoughts or negative self-talk into more positive and empowering beliefs?
45. What does confidence mean to you, and what might it look like to embrace your authentic self with confidence?
46. Who are the people in your life that inspire confidence in you, and what can you learn from them?
47. What are some small steps or challenges you could take to gradually build your confidence over time?
48. How can you practise self-care and self-compassion to nurture your confidence from within?

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49. What are your strategies for dealing with setbacks or failures in a way that doesn't undermine your confidence?
50. Imagine your most confident self in the future – what does that version of you look like, and how does it feel?

Study Habits and Time Management:

51. What are your current time management challenges, and how do they impact your ability to study effectively?
52. How can you prioritise your tasks and responsibilities to make the most of your time?
53. What are your biggest distractions or time-wasters, and how can you minimise or eliminate them?
54. What does an ideal study routine look like for you, and how can you create an environment conducive to focused work?
55. How can you break down larger tasks or assignments into smaller, more manageable steps?
56. What motivates you to study, and how can you tap into that motivation when you're feeling unmotivated?
57. How can you hold yourself accountable and track your progress towards your study goals?
58. What resources or support systems could help you develop better time management and study habits? Do you use any tools, apps, bullet journal, etc?
59. How can you practise self-care and maintain a healthy balance between studying and other aspects of your life?
60. Reflecting on your past experiences, what strategies or approaches have worked well for you, and what could you improve upon?

Health and wellbeing, especially if they’re feeling a bit sluggish and exhausted:

61. What aspects of your current lifestyle or habits might be contributing to your feelings of sluggishness and fatigue?
62. How can you prioritise self-care and make your overall wellbeing a top priority?
63. What small changes to your daily routine could potentially have a significant impact on your energy levels?
64. What kinds of physical activities or exercises do you enjoy or think you might enjoy trying?
65. How can you improve the quality and quantity of your sleep to help you feel more rested?
66. What does a balanced and nutritious diet look like for you, and how can you incorporate more nourishing foods into your meals?

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67. What are some stress-management techniques or relaxation practices that could help you feel more energised and rejuvenated?
68. How can you build a supportive network of friends or family who can encourage and motivate you on your wellbeing journey? Who can you rope in on this wellness kick to do it together?!
69. What are your personal goals or aspirations related to feeling your best, and how can you take small steps towards achieving them?
70. Imagine yourself feeling energised, vibrant, and full of life – what would that look and feel like, and what actions can you take to make that vision a reality?

Community and Social Responsibility:

71. What specific global issues are you most concerned about, and why do they matter deeply to you?
72. In what ways have you felt hopeless or overwhelmed by the magnitude of these challenges?
73. What are your greatest strengths, passions, or skills that could be channelled towards making a positive impact?
74. Who or what inspires you when it comes to being a force for good in the world?
75. If you could take one small step today towards addressing these issues, what would it be?
76. How might you get involved with local organisations or initiatives that align with your values?
77. What role could your education or future career path play in contributing to solutions?
78. How can you surround yourself with a supportive community of like-minded individuals working towards positive change?
79. What does hope look like to you, and how can you cultivate a sense of hope even in challenging times?
80. Imagine a future where these global issues have been addressed – what does that world look like, and what was your role in creating it?

Resilience and Adversity in the face of challenges:

81. Looking back, what has this challenging experience taught you about yourself and your inner strength?
82. How have you grown or developed as a person because of what you've gone through?
83. What positive outcomes or opportunities, even small ones, have emerged from this adversity?
84. Who or what has been a source of support and resilience for you during this difficult time?
85. When you reflect on how far you've come, what are you most proud of?

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86. What coping strategies or self-care practices have been most helpful in getting you through this challenge?
87. If you could go back in time, what advice would you give your past self about navigating this experience?
88. How can you reframe this adversity as a Learning experience that has better prepared you for future challenges?
89. What are your goals or aspirations moving forward, fueled by the resilience you've developed?
90. Imagine yourself a year from now, having successfully overcome this challenge – how would you describe the person you've become?

Reflection and Self-Evaluation:

91. What have been your proudest moments or accomplishments? How can you celebrate these?!
92. What are some areas where you'd like to improve or grow?
93. How can you learn from your mistakes or failures?
94. What are some lessons or insights you've gained from your experiences?
95. How can you practise self-reflection and introspection regularly?
96. What are your strategies for staying grounded and present in the moment?
97. How can you cultivate gratitude and appreciation in your life?
98. What are your strategies for maintaining a positive and optimistic outlook?
99. How can you celebrate your progress and achievements, no matter how small?
100. What is ‘future you’ proud of and grateful for? :)

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