

MAGIC Questioning Arc

At the heart of the MAGIC Methodology are fifteen core coaching questions, creating a flow to guide you through the process. These questions form the essence of effective MAGIC coaching.

Holding up a mirror to reflect on your current situation

1 **MIRROR** What can you tell me about your current situation?

2 **MIRROR** What would you like to focus on?

3 **MIRROR** What makes this important to you now?

Articulating your aspirations

4 **ASPIRATIONS** If you had a magic wand, what would you really like to achieve?

5 **ASPIRATIONS** How would you describe the bridge you will need to cross to achieve this aspiration?

6 **ASPIRATIONS** What has stopped you from crossing this bridge before now?

Turning these aspirations into specific goals

7 **GOALS** Can you create a clear goal, achievable within a realistic timeframe?

8 **GOALS** Can you identify some milestones to mark your progress along the way?

9 **GOALS** To focus on this goal, what else might you need to set aside?

Generating ideas

10 **IDEAS** What ideas do you have for how to achieve this goal?

11 **IDEAS** Where could you go for help, advice support and inspiration?

12 **IDEAS** How can you evaluate these ideas?

Creating a plan and making commitments

13 **COMMITMENTS** What's your plan?

14 **COMMITMENTS** What is the first thing you will do to start you on your way?

15 **COMMITMENTS** What are your biggest takeaways from today's session?
