

**Motivate  
your  
Body**

COACH JOHANN CSCS

Quality questions  
primer

Motivational interviewing for athletes & Active

"It's tough buoying weight up and down"  
"How hard is it...?"  
"When's your next goal coming up"  
"Why not keep trying...?"  
"What's the hardest part about...?"  
"Who else is in your corner?"  
"When was the last time you (succeeded)?"  
"You thought you couldn't, but you did..."  
"How was it easier then...?"

Be **OPEN-ENDED** or at least allow for **SILENCE** at the end of questions.

Use **affirmative statements** too – ones where the response is mostly positive (yes, also very honest).

At this stage, we are inviting information and should be open to responses.

