



## A List of Popular Goals to Achieve Using the Services of a Coach...

### Health & Emotional Balance

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Reduce stress                  | <input type="checkbox"/> Begin exercising    | <input type="checkbox"/> More energy and vigor |
| <input type="checkbox"/> Reduce sugar and/or fats       | <input type="checkbox"/> Look better         | <input type="checkbox"/> Handle body problem   |
| <input type="checkbox"/> Reduce alcohol and/or nicotine | <input type="checkbox"/> Lose weight         | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> Sleep better                   | <input type="checkbox"/> Take responsibility | <input type="checkbox"/> _____                 |
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### Financial

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Face a money problem          | <input type="checkbox"/> Start saving        | <input type="checkbox"/> Buy a home         |
| <input type="checkbox"/> Go through bankruptcy         | <input type="checkbox"/> Begin investing     | <input type="checkbox"/> Build \$\$ reserve |
| <input type="checkbox"/> Set up/follow a budget        | <input type="checkbox"/> Stop overspending   | <input type="checkbox"/> Learn about money  |
| <input type="checkbox"/> Pay off debts/credit cards    | <input type="checkbox"/> Lifetime money plan | <input type="checkbox"/> Review insurance   |
| <input type="checkbox"/> Earn more/make more           | <input type="checkbox"/> Moonlight           | <input type="checkbox"/> _____              |
| <input type="checkbox"/> Design financial independence | <input type="checkbox"/> Pre/post retirement | <input type="checkbox"/> _____              |
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### Career

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Upgrade profession       | <input type="checkbox"/> Get a raise/promotion | <input type="checkbox"/> Start own business |
| <input type="checkbox"/> Find a new career        | <input type="checkbox"/> Get a job/better job  | <input type="checkbox"/> Be more productive |
| <input type="checkbox"/> Reduce stress on the job | <input type="checkbox"/> Job training          | <input type="checkbox"/> _____              |
| <input type="checkbox"/> Design a career track    | <input type="checkbox"/> Do a better job       | <input type="checkbox"/> _____              |
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### Relationships

- |  |   |                                |
|--|---|--------------------------------|
| <input type="checkbox"/> Get one/find Mr/Ms right  | <input type="checkbox"/> Resolve past relationships | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Redesign to get needs met | <input type="checkbox"/> Attract better people      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Socialize more            | <input type="checkbox"/> Get closer to family       | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Get closer to spouse      | <input type="checkbox"/> Feel more loved            | <input type="checkbox"/> _____ |
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### Transition

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|---|--|---|
| <input type="checkbox"/> Divorce recovery           | <input type="checkbox"/> Retirement planning   | <input type="checkbox"/> 1-5 year life plan |
| <input type="checkbox"/> Recovery from trauma       | <input type="checkbox"/> Loss of loved one     | <input type="checkbox"/> Medical challenge  |
| <input type="checkbox"/> New job                    | <input type="checkbox"/> Received large monies | <input type="checkbox"/> _____              |
| <input type="checkbox"/> Lost something big/failure | <input type="checkbox"/> Big opportunity       | <input type="checkbox"/> _____              |
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### Special

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Have a lot more fun    | <input type="checkbox"/> Get some hope          | <input type="checkbox"/> Become more patient     |
| <input type="checkbox"/> Special project        | <input type="checkbox"/> Sexual concern         | <input type="checkbox"/> Grow the heck up        |
| <input type="checkbox"/> Mediation              | <input type="checkbox"/> Design vision, purpose | <input type="checkbox"/> Become more responsible |
| <input type="checkbox"/> Clean up something     | <input type="checkbox"/> Handle all needs       | <input type="checkbox"/> Wake the heck up        |
| <input type="checkbox"/> Discover core values   | <input type="checkbox"/> Start spiritual path   | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Begin path of recovery | <input type="checkbox"/> Make big life changes  | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Be mentored            | <input type="checkbox"/> Learn distinctions     | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Be listened to fully   | <input type="checkbox"/> Go creative juices     | <input type="checkbox"/> _____                   |



## A List of Popular *Skills* to Master Using the Services of a Coach...

### Success Skills

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|---|---|--|
| <input type="checkbox"/> Team building            | <input type="checkbox"/> Remove obstacles | <input type="checkbox"/> Take bigger risks |
| <input type="checkbox"/> Prioritize opportunities | <input type="checkbox"/> Use leverage     | <input type="checkbox"/> Able to ask       |
| <input type="checkbox"/> Stay focused             | <input type="checkbox"/> Delegate         | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Leadership               | <input type="checkbox"/> Manage others    | <input type="checkbox"/> _____             |
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### Self-management Skills

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Be on time               | <input type="checkbox"/> Keep one's word | <input type="checkbox"/> Get needs met   |
| <input type="checkbox"/> Underpromise/overdeliver | <input type="checkbox"/> Protect oneself | <input type="checkbox"/> Develop routine |
| <input type="checkbox"/> Ask for what you need    | <input type="checkbox"/> Stop tolerating | <input type="checkbox"/> _____           |
| <input type="checkbox"/> Stop suffering           | <input type="checkbox"/> Love oneself    | <input type="checkbox"/> _____           |
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### Fulfillment Skills

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Integrate all of one's life  | <input type="checkbox"/> Discover purpose     | <input type="checkbox"/> Surrounded by love      |
| <input type="checkbox"/> Build a reserve              | <input type="checkbox"/> Find spiritual path  | <input type="checkbox"/> Design personal mission |
| <input type="checkbox"/> Discover source/higher power | <input type="checkbox"/> Include, hold it all | <input type="checkbox"/> _____                   |
| <input type="checkbox"/> Knowing oneself              | <input type="checkbox"/> Create a legacy      | <input type="checkbox"/> _____                   |
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### Listening Skills

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Listen, adding nothing           | <input type="checkbox"/> Hear behind the words | <input type="checkbox"/> Caring                 |
| <input type="checkbox"/> Read body language               | <input type="checkbox"/> Discern who person is | <input type="checkbox"/> Discerning what's true |
| <input type="checkbox"/> "Get" the person                 | <input type="checkbox"/> Empowering silence    | <input type="checkbox"/> _____                  |
| <input type="checkbox"/> Get to the source of the problem | <input type="checkbox"/> Immediate sensing     | <input type="checkbox"/> _____                  |
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### Speaking Skills

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Discern what's happening | <input type="checkbox"/> Being heard vs. talking | <input type="checkbox"/> Dance in conversation |
| <input type="checkbox"/> Languageing feelings     | <input type="checkbox"/> Speaking straight       | <input type="checkbox"/> Captivating voice     |
| <input type="checkbox"/> Fully communicating      | <input type="checkbox"/> Speaking with the edge  | <input type="checkbox"/> Evoke others          |
| <input type="checkbox"/> Asking for all you want  | <input type="checkbox"/> Acknowledgement         | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> Saying no, no, no        | <input type="checkbox"/> Educate environment     | <input type="checkbox"/> _____                 |
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### Being skills

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|---|---|--|
| <input type="checkbox"/> Sticking by requirements | <input type="checkbox"/> Know what you want | <input type="checkbox"/> Effortlessness    |
| <input type="checkbox"/> Gratitude                | <input type="checkbox"/> Grace              | <input type="checkbox"/> Surrender to self |
| <input type="checkbox"/> Be with anyone           | <input type="checkbox"/> Feel self, others  | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Ability to inquire       | <input type="checkbox"/> Courage            | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Integration              | <input type="checkbox"/> Including it all   | <input type="checkbox"/> _____             |
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### Contributing Skills

- |   |  |                                |
|---|--|--------------------------------|
| <input type="checkbox"/> Empathy            | <input type="checkbox"/> Compassion        | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Give vs. hook help | <input type="checkbox"/> Able to receive   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Invest in a person | <input type="checkbox"/> Able to give love | <input type="checkbox"/> _____ |