



Goals to Work on with Your Coach

Here's a master list of things to work on with your coach.

Expand my thinking beyond what I am conditioned to conceive of
Delegate more effectively so that I have more time to work on what matters most
Lose weight without orienting my life around it
Develop a financial plan to become financially independent at age____
Change my relationship with food from comfort to sustenance
Change my approach from selling to telling and from telling to modeling
Learn how to set up a web site that showcases myself and my services or company
Become proficient with sending and receiving all forms of e-mail
Improve the quality of my home life
Take much more time for me instead of living too much for others
Take charge of my life instead of letting other people run it for me
Become unconditionally constructive in everything I say
Design a lifestyle that makes me incredibly happy
Dramatically improve the profitability of my company
Expand my network to include the finest professionals in 100 different fields
Stop pushing for sales and start investing in relationships
Goof off without feeling guilty
Communicate so well that people respond immediately
Turn my time into an asset—1,440 assets a day
Eliminate or reduce adrenaline in my life so I don't burn myself and others up
Redesign my life so that it's oriented around vacations, not work
Increase my ability to process more information without getting overwhelmed
Accelerate my personal evolution
Feel a lot better about my family and myself
Reduce the amount of conflict in my life so that I can relax
Increase the amount of money I have in savings
Start a new business and avoid the common learning curve
Identify the triggers that cause adrenaline, before they get me wired
Start reading books that will help me evolve instead of merely develop
Design my path of personal development
Reduce what I am tolerating at work

Clean out the clutter in my closets, drawers, and garage
Learn how to ask the right questions in any selling situation
Create a buying environment instead of a selling environment
Learn how to make more money in the new economy
Discover what is causing dissonance in my life
Become cyber and Internet literate
Endorse my worst weakness as my biggest strength
See opportunities in problems without wearing rose-colored glasses
Have more patience, especially when I have none
Walk my talk without strutting
Become a toleration-free zone
Strengthen my personal foundation so that the underpinnings of my life are rock solid
Add value to my customers and clients, just for the joy of it
Identify the unique skills and talents that I know are waiting to be leveraged
Eliminate delay, so I don't miss opportunities
Stop procrastinating and be inventory free
Toss out my to-do list (or plan to create one)
Expand my vocabulary so that I can better express myself in any situation
Stop whining and start winning
Find a career that works
Play with my kids every day, instead of just when I have time
Identify every source of stress in my life and either reduce or eliminate it
Put my family first without putting myself second
Learn how to give people what they want, without its costing me anything
Change my thinking from win-lose to win-win
Design values-based goals instead of whim-based goals
Stop taking life so darn seriously
Give others the experience of being heard, instead of just being listened to
Increase my bandwidth in order to handle more input
React less and respond more
Clean up my life and start clean
Start over
Discover my personal values and orient my life around them
Identify and eliminate 10 tolerations in the next 10 days
Create a perfect life
Become self-actualized
Write a book without pain
Develop a life plan and start living it
Make the personal changes I have been unable to make on my own
Get focused
Blow up the blocks standing in my path to success
Start taking the path of least resistance instead of working against life
Increase the momentum in life so that I am carried forward instead of pushing myself
Find a better way to motivate myself
Stop watching Jay Leno and get to bed earlier
Throw out my television set
Move to the country because I want to
Make a significant personal decision

Create a business plan without taking three months to do so
Get in the habit of flossing daily
Get the support I need to visit the dentist
Get the nudge I need to hire a housecleaner so I don't have to do the cleaning
Improve my attitude so I'm always positive, naturally
Take more chances
Change my relationship with risk
Develop a reserve of time during my day
Get out of a rut
Do a personal makeover
Improve what I see in the mirror
Stay on track using Nautilus three times per week
Better identify the people who are really good for me and those who are not
Extend my boundaries without setting up walls
Strengthen my character so I am really proud of who I am
Become more sensitive with people who need that from me
Stop micromanaging people
Bring in five new clients a month
Make a million dollars next year
Become a saver and start saving because I enjoy it
Reduce my credit card debt faster than I currently am
Get control over my spending
Build a team with my area managers
Spend more time in the garden
Spend more time at the beach
Spend more time
Learn how to practice extreme self-care
Increase my havingness so I can maintain my success
Simplify everything
Get back to exercising: 40 sit-ups and 20 push-ups per day
Be able to meet men and women and not get anxious about it
Book at least five selling appointments in the next 10 days
Identify my unique selling proposition and my label
Close 10 new clients in next 90 days
Start an e-mail-based weekly newsletter to expand my network
Easily ask for what I want
Become a very direct and confident communicator
Tell the truth instead of what people want to hear
Increase my awareness
Slow down to enjoy the weather and take in the wonder of everyday life
Spend less time in the future and more time enjoying the present
Design my winning formula
Reduce business expenses by \$20,000
Increase business by 20% without spending more on advertising
Identify three specific goals that light me up for next year
Get clear on my values and align my goals with them
Create an inspiring project through which I will touch at least 100 people per month
Launch a national organization
Become a better team leader so employees love their jobs

Create a sales program for a new niche
Let go of the people in my life who drain my energy
Create a personal health plan that includes exercise
Take more days off
Plan three wonderful vacations for next year
Set clear boundaries and train those around me to treat me with respect
Begin a financial independence plan
Save \$100,000 next year
Take a day every week to renew and rejuvenate
Develop a national reputation for what I do well
Brainstorm and prioritize the best ideas to use in my business
Work 25 percent fewer hours without making less
Become a person who smiles almost all of the time
Write to someone with whom I have unfinished business
Apologize to someone, even if it is very difficult
Ask my partner to give three hours of time per week to release me to do something I really enjoy
Discover what makes me tick
Bring balance to work, home, community, and personal time over a three-month period
Start running each morning
Decrease body fat percentage by 10 percent within six months
Upgrade all computer programs within three months
Stop smoking completely within three months
Stop overpromising and making commitments
Complete a tough project on time
Pay off car loan one year early
Buy a new car within six months
Buy a house within one year
Quit my job to work from home within two years
Become a telecommuter
Go half-time at work
Redecorate house in six months
Negotiate a 10 percent raise next evaluation.
Learn five skills to better communicate with my children
Learn five skills to better communicate with my spouse
Establish one delicious habit and do it every day
Rebuild my life after a loss
Bring romance back into my marriage within 90 days
Discover my life purpose and begin setting goals to live it within 90 days
Become more efficient without becoming a machine
Return to school to pursue a graduate degree
Get married within five years
Expand business to sell products over the Internet
Take a trip to Europe
Go on a safari
Own a boat
Stop fibbing and lying completely within three months
Build meditation and yoga into daily schedule
Achieve assigned sales numbers one week prior to end of month to avoid

rushing for sales the last week
Spend 10 percent less money monthly
Identify 101 things I love to do, and do one each day
Decrease time spent paying bills
Increase personal time by four hours a week within one month
Enroll in a cooking class
Take scuba lessons and go on a Caribbean dive
Discard unnecessary household and personal items within three months
Discard items cluttering office and desk within one month
Establish three things I am passionate about as priorities in my life within six months
Drop three clothing sizes within six months
Fit into those 32-inch-waist Levi's within six months
Go on a guilt-free shopping spree
Pay back money owed to friends within six months
Stop complaining within 14 days
Shift or release a sabotaging belief within 60 days
Reconcile credit report within six months
Establish and enforce boundaries within a relationship
Reduce number of credit cards to three in 18 months
Move into a larger apartment within nine months
Visit grandparents out of state within the year
Design a class or TeleClass and market it within six months
Allow one day out of each month to do something I really want to do
Organize my pension, will, life insurance, and mortgage papers within 60 days
Meet with a financial advisor twice a year to keep finances updated to set goals on a weekly basis
Genuinely thank people who help me, daily
Reestablish a lost relationship
Call up one member of my family per week, just to say hi
Pay off mortgage within five years
Be prepared for a holiday season (e.g., Christmas) at least one month before the holiday begins
Train a pet to consistently perform a desired action on command
Reorient personal and professional life completely around values (not wants and needs) within three years
Join Toastmasters and complete first 10 speeches within six months
Develop two new profit centers in my business within one month
Trash 100 megabytes of stuff I don't need on my computer
Clean out or purge all home and work files this month
Get my hair cut and styled the way I really want it and the way that is most attractive for me
Say no five times this week
Keep the gas tank in my vehicle at least half full at all times
Join and participate in those networking groups that will assist in business and personal life
Disentangle myself from those organizations that do not add value to business or personal life within one month
Develop a sense of style
Take a world tour

Improve my reputation among my colleagues
Attract the mate of my dreams
Become Ms. Right instead of searching for Mr. Right
Turn my ideas into revenue streams
Clean up where I get my energy from
Reduce the friction in my life by finding the right lubricant
Develop a reserve of opportunities so I don't have to look for them
Build a personal support network of people with similar interests
Learn how to attract business instead of constantly marketing for it
Design a personal development plan for my children
Deepen my relationships with my friends
Delight my customers, not just please them
Become more respectful of other people's ways
Keep my word
Be accountable for results
Enjoy responsibility instead of trying to avoid it
Clarify my professional commitments
Become an adult in every sense of the word
Learn how to say no without turning people off
Make it clear to people what I require of them
Reorganize my office and work environment
Automate and delegate almost every aspect of my personal tasks and chores
Get more done, but slow the pace at which I'm working
Increase my self-esteem
Balance my personal, family, and business lives
Better integrate what I already have
Reduce the roles I fill for others
Become a lot more creative in what I do
Prioritize my time so that I don't feel rushed and exhausted
Trust my inklings more
Turn my intuition into my primary decision-making system
Develop a marketing strategy for my business
Build my personal brand
Free myself from my beliefs
Come to accept that which I resist
Become a better writer
Speak in a laser like fashion
Become an effective public speaker
Find my voice and speak confidently
Distinguish truth from b.s. in every situation, instantly
Become a proactive person who never waits
Develop grace
Improve the relationship I have with my spouse or significant other
Improve the relationship I have with my children
Improve the relationship I have with my parents
Improve the relationship I have with my siblings
Improve the relationship I have with my in-laws
Improve the relationship I have with my neighbors
Improve the relationship I have with my boss
Improve the relationship I have with my colleagues

Improve the relationship I have with my clients
Improve the relationship I have with my coworkers
Improve the relationship I have with my minister
Become a better manager
Become a leader, not just a manager
Prepare my business for sale
Learn how to give advice without turning people off
Enjoy being human instead of trying to perfect myself
Identify what slows me down
Develop a marketing engine for my business
Increase the number of referrals I receive
Learn how to make requests that are accepted and fulfilled
Distinguish symptoms from sources when dealing with a situation
Become incredibly selfish
Sensitize myself so that I feel things when they occur instead of afterward
Lighten up
Deprogram myself from other people's expectations of me
Understand the relationship between memes and genes
Find my area of specialization or professional niche
Find a way to delegate my weaknesses so I can focus on my strengths
Transition smoothly into a new field
Shift the paradigm in which I exist
Perfect my environment so that it brings out my best
Create a vacuum that pulls me forward
Affect people profoundly
Position my services or products in the marketplace
Evolve from rational, logical, and linear thinking to operating well in a state of chaos
Be causal instead of reactive
Buff up my body
Buff up my life
Develop an edge in order to close a sale or make my point
Become part of a spiritual community
Develop compassion for people who I currently criticize
Learn to dance better with events instead of being so rigid
Be able to think abstractly instead of just logically
Come to enjoy change as opposed to resisting or disliking it
Reduce the emotional costs of my business or practice
Become a much more endorsing and encouraging person
Listen very, very well
Develop marketing materials for my business
Package my products and services better
Develop 10 profit centers instead of just one
Complete a project with less stress
Be sustainably motivated instead of operating in fits and starts
Become wise
Always have enough clean clothes, no matter what
Turn my bedroom into a place where I sleep perfectly
Have something to look forward to each evening
Not resist getting up in the morning

Get enough physical touching so that I don't shrivel up
Have a home that is always perfectly clean and organized
Improve the lighting everywhere in my home or office so that there is no strain
Have my teeth cosmetically perfected
Be able to recover quickly if I lose my wallet or purse
Keep my computer backed up, daily
Pay my bills early, always
Walk away from people who do not respect me
Never force myself to do anything that I don't want to
Rearrange my investments so that I don't lose sleep over them
Get the quality rest I need
Have more than enough confidence in virtually every situation
Always ask for more than I need, as a habit
Improve my judgment
Always arrive early and never feel rushed
Eliminate everything that distracts me during my day
Multitask, easily
Protect myself from the physical or environmental risks of life
Develop a rewarding life outside of work
Hire a coach to help me achieve what I want
Organize my files perfectly
Always be well groomed
Stay "present" throughout the day
Speak without a "charge" to my voice
Stop gossiping
Stop making promises, even if I feel I should
Stop doing errands and contract them out
Reduce volunteer activities that are getting in my way
Face a difficult legal, financial, or tax matter
Become aware of energy flows between others and myself
Deepen my relationship with God
Deepen my relationship with Jesus
Treat my body like the temple that it is
Toss out all of the clothes that don't make me look great
Learn to collaborate with people instead of debating or arguing
Break any past sabotaging patterns that I've had
Become more open and available to all that is already around me
Learn how to "get" someone instead of just listening to or hearing them
Learn coaching skills that I can use with my family and customers
Get a handle on what's coming, given how fast the world is changing
Have interdevelopmental relationships, not just interdependent ones
Raise my standards
Understand the basics of running a successful business
Identify the features and benefits that I offer my customers or clients
Evolve beyond being productive and become effective
Master my craft rather than just being an expert at it
Become fearless
Evolve from peace to a life of harmony
Arrange to have all my bills paid automatically
Design a system to complete projects two days before the deadline

Take up cooking
Establish a family planning center in my home
Increase productivity by 25 percent in six months
Determine causes of procrastination and develop new skills
Design each room of my home to complement its vision and purpose
Implement a low-stress move or relocation
Free up two extra hours of time each day
Develop a motivational plan to lose 20 pounds in three months, safely
Discover the root causes of stuckness and implement a plan for becoming unstuck
Design a consistent discipline plan for my toddler
Incorporate two acts of love per day toward my mate
Establish a daily "dream work" time
Cut television viewing to 45 minutes a day or less
Design an annual physical maintenance program (doctors, dentists, etc.)
Free my mind of clutter by establishing a recording and action system
Free up \$200–500 per month for my own self-improvement
Be able to put my hands on most of the regularly used information in my office in two minutes or less
Communicate love to my children in ways that are personally meaningful to them
Establish and follow a seasonal shopping schedule to take advantage of seasonal sales
Develop a phone call return system to ensure that calls are returned within four hours if they are important
Attract a soul mate
Define the top 10 qualities I am looking for in a soul mate
Decrease stress level by 20 points in 90 days
Become an "intrapreneur" in my organization by creating a small business idea and selling it to the decision makers
Obtain a more senior position in my organization in less than six months
Implement two new personal habits each month
Maintain a daily quiet time
Clarify my top 10 values and use them as a decision-making compass
Cultivate a circle of five close friends
Develop a plan to free up two evenings a week
Double my income in two years
Set up a one-year program toward taking a dream vacation
Cut budget or spending by 25 percent
Increase productivity in staff members by 30 percent
Develop a system for recording and tracking my artistic or business ideas
Implement a schedule for acting on ideas
Incrementally increase salary over the next year
Choose and take the self-assessment tools that would be of maximum benefit
Define the legacy I wish to leave
Discover a meaningful and rewarding career
Reduce problem-solving time by 50 percent
Refine the elements of my business plan
Design a customer service satisfaction survey that identifies my customers' core needs

Attract a client base that earns 25 percent more than my current client base
Turn dreams into goals
Rearrange budget and food spending patterns in order to hire a personal chef within three months
Develop five personalized ways to say no to others in firmness and love
Get ahead of office equipment maintenance, reducing lost time by 30 percent
Eliminate major blocks to creativity
Eliminate 90 percent of office interruptions
Expand circle of influence by 50 people
Develop an annual goal-setting system
Increase customer retention by 25 percent
Learn to quickly identify people and situations that are not best for me
Navigate a successful transition for my staff
Identify, personalize, and memorize my vision
Enlarge Rolodex by 100 strong people
Reduce down time caused by adjustment to change by 50 percent
Reduce time commitments by 30 percent
Learn to make a point in 15 words or less
Design and implement an exercise program
Set standards for a clutter-free living environment
Set up a plan for the mastery of a new hobby
Add two pleasurable activities to my daily routine
Understand what drives and motivates me
Understand why I relate to people the way I do
Understand how I learn so that I can learn more easily
Understand my basic interests and how they affect my choices
Discover my fashion type and how it impacts other areas of my life
Design a customized reading plan
Discover my Enneagram type
Discover my Myers-Briggs type
Discover my DISC profile
Organize my closets
Design a personalized filing system
Set up a "90 Days to a Simpler Life" plan
Increase the speed of people's response to my needs
Add grace and beauty to my life through the arts
Learn to have an edge with people and events
Implement a personal prioritizing system to accomplish important rather than simply urgent things
Double my standards
Improve my skin tone
Develop a plan to deal with all undone details of my life
Develop a daily habit of journaling feelings
Learn how to effectively communicate feelings to my spouse
Eliminate 20 percent of my problems
Stop using caffeine within 30 days
Stop using sugar within 30 days
Implement a tailor-made nutritional plan
Develop a list of five boundaries that increase my quality of life
Increase my energy level

Set boundaries and standards around the relationship I have with my parents
Increase my job satisfaction so that I look forward to going to work
Develop a plan to implement the truest value into my life
Understand that I can be both a good person and a good boss
Get complete on relationships
Work through a career change
Get clear on priorities
Deal with and recover from burnout
Enjoy life more
Take on greater challenges at work
Become better at developing rapport with others
Deal with fears and concerns in a relationship
Manage time more effectively
Determine priorities
Explore or understand feelings and beliefs
Get my personal life in order
Strengthen my spiritual life
Overcome my fear of rejection
Deal better with interruptions
Develop the ability to say no and stick with it
Discover the inner peace that I know is possible
Surrender and accept what I am resisting
Catch myself within a minute whenever I step over something in a conversation
Become a participator in life, not just an observer
Identify a focus that expresses my values and uses my strengths
Stop trying to control everything and everyone
Identify a theme for my life in the coming year and orient my goals around that
Develop a morning routine that I totally enjoy
Let go of 10 shoulds that I've created for myself
Let go of people who are holding me back
Lessen the strain I put on people
Put people and relationships ahead of results
Develop more confidence in myself
Stop explaining myself
Stop justifying my actions
Stop selling or seducing others
Reduce how much I am drinking
Stop smoking
Resolve whatever childhood damage is causing me pain today
Start investing in the stock market
Create an outrageous business goal and enlist support to reach it
Start writing in a journal to express my thoughts and feelings
Subscribe to forward-thinking magazines
Learn to pace myself
Increase my ability to want and desire
Improve my self-esteem and self-worth

Learn to share the credit and glory of my accomplishments
Get completely free of what binds me
Always be 10 minutes early and never rushed

Start using a time management system
Stop tailgating
Hire someone to do my laundry
Maintain zero credit card debt
Be content with my life and myself; stop striving
Become wise in this lifetime
Expand what I see as possible
Reconcile my life with humanity
Be ready to die at any moment, without regrets
Become internally motivated
Learn to condition change instead of forcing it on others
Develop self-respect
Put jumper cables in my car's trunk
Have AAA (auto club) membership or equivalent
Have the right Internet service provider
Put all the serial numbers for my computer's software in a safe place
Have an attorney on retainer in case something really bad happens to me
Have my tax return completed by February 15th each year
Have a face lift if I want one
Hire a personal trainer
Start having fresh flowers in my home and office
Plan the next year by the end of the previous November
Know a professional gift service for last-minute solutions
Have a tailor or seamstress available to repair my clothes
Know a plumber I can call on a moment's notice
Install an alarm system in my house, so I can rest easily
Have my car washed each week
Have my closets professionally redone
Have a virtual assistant on call to handle stuff I don't want to do
Have healthy food delivered, so I don't have to cook when I don't want to
Have a weekly manicure
Get Rolfed