

101 Things To Work On With Your Coach!

Please print and review this form. Mark your priorities as guide for things you might want to work on during a coaching session.

Section 1. Business/Career

PRIORITY LEVEL

Low -----High

1. I see the importance providing even more value to my clients or customers than they receive currently.

2. I need to make a change or advancement in my career or profession.

3. It's important to learn how to better prepare my staff, customers or colleagues for change.

4. I need to put together a budget, and/or strategic plan for my business or project.

5. I need to become more effective and/or efficient in how I do my work or run my business.

6. I see the need to deliver work or service at a higher level of excellence, standards or even perfection.

7. I want to more easily and more powerfully influence my staff, vendors and colleagues.

8. I feel the need to invest more time and money into my business/professional skill set.

9. I definitely need to feel, think and act more like a strong leader than I do now.

10. It's important to me to build and leave a legacy in this lifetime.

11. I could probably better leverage my assets, resources, connections or talents.

12. I see the need to become a stronger, more effective manager of people, projects and results.

13. I am ready to totally master what I do professionally. I want to be the best at what I do.

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O O O O O 14. I wish to learn key negotiating skills which will help me get what I want, but also create a Win-Win-Win.

O O O O O 15. I need to increase the size, scope and depth of my professional network and community.

O O O O O 16. I see the need to increase my personal or company's productivity significantly.

O O O O O 17. I want to feel like a real pro and be regarded as a real pro by my customers and colleagues.

O O O O O 18. I definitely want to increase the profits of my business.

O O O O O 19. I have an important project that would probably progress more smoothly if I had a coach for support.

O O O O O 20. I need to learn and really master selling skills so that I can increase revenue immediately.

O O O O O 21. I need to develop a marketing plan or create unique ways to market my product or service.

O O O O O 22. I need to install administrative, selling or management systems in my business or work.

O O O O O 23. I want to learn effective team building skills and management techniques to bring out the best of my group.

O O O O O 24. I want to improve my timing, synergy and synchronicity so that I don't miss out on opportunities.

O O O O O 25. I feel the need to properly articulate my business or professional vision so that it is compelling.

Section 2. Dealing With Life

PRIORITY LEVEL

Low -----High

O O O O O 26. I recognize the need to become someone who accepts things more readily, with less resistance.

O O O O O 27. I want to more quickly assimilate what I notice, experience or learn, and apply it immediately.

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O O O O O 28. I see the need to become a ‘bigger,’ more magnanimous person and I’m ready to change.

O O O O O 29. I need to set much wider boundaries so that I am not taken advantage of, or disrespected, by others.

O O O O O 30. I need to become a much more compassionate person and more patient with others.

O O O O O 31. I have important projects, situations or problems that I haven’t completed, but need to.

O O O O O 32. I need to gain a broader perspective or context about life, myself, my life and/or my work.

O O O O O 33. My life is fairly ‘expensive’ to my body, heart and/or spirit and I need to reduce these ‘stress costs’.

O O O O O 34. I would be more effective and successful if I had more of an Edge or more inner confidence.

O O O O O 35. I believe that I can get a lot more done with a lot less effort. I want life to be effortless.

O O O O O 36. I have noticed others who are very graceful in how they deal with life and I want to be that way as well.

O O O O O 37. I would like to become more grateful for what I do have, instead of always needing more.

O O O O O 38. I am someone who is ready to take a lot more initiative in certain parts of my personal and business life.

O O O O O 39. I need to more completely integrate the various elements of my personal and work life.

O O O O O 40. I need to increase the level of integrity in my life; I currently feel out of integrity in at least one area of my life.

O O O O O 41. I would like to better prioritize my goals, responsibilities, roles and projects so that I don’t fall behind.

O O O O O 42. I feel overwhelmed or am in a swirl, and feel the need to get back on a more solid footing based in reality.

O O O O O 43. I find myself slowed down by either resistance or fear, or both, and I am ready to

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work through this.

44. I wish to become a person who responds quickly and fully to both opportunities and problems as they occur.

45. I don't feel as physically or financially safe as I want to feel and I am ready to do something about it.

46. I feel the need to simplify my life, perhaps even dramatically.

47. I am ready to raise my standards of behavior, expectations, relationships and lifestyle.

48. I want to learn how to deal with difficult people in a more constructive, yet powerful, way.

49. I need to manage my time better in order to get the most out of each day, yet have enough time for myself.

50. I am tolerating more than I know is good for me and I would like to work on this.

Section 3. You As a Person

PRIORITY LEVEL

Low -----High

51. I would like to improve my physical appearance and presentation so that I am delighted with how I look.

52. It's time to update some of the assumptions I've made about myself or life, and upgrade my paradigm.

53. I am interested in identifying and focusing on selected Attainments.

54. I feel out of balance, like I'm juggling parts of my life. I'd like to get back in balance.

55. I want to make significant changes to my body in terms of weight, tone and/or strength.

56. I would like to strengthen or perfect my character.

57. I need to have more confidence in how I present myself; I'm ready to develop

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this part of myself.

58. I want to have more of a positive effect on others, without trying to dominate or control them.

59. I feel the need to improve the quality of my physical and/or spiritual energy.

60. I need some help to improve the communication, cooperation and love within my family.

61. I feel that I have a special gift, but I would like to better identify and orient myself around my gift.

62. I would like to be much happier than I am right now.

63. I would like to develop my mind and intellect more than I have. I need a challenge.

64. I would like to accurately identify and once-and-for all satisfy all my personal needs.

65. I would like to be more consistently passionate about my life and/or my work.

66. I feel the need to be more at peace with myself, life and/or others.

67. I need to develop or improve my personality, attitude and how I come across.

68. I am ready to enjoy my life a lot more and experience more pleasure.

69. I am intrigued about the idea of becoming a completely Problem-Free Zone.

70. I feel like I want to become a lot more receptive to new ideas, approaches and views.

71. I see the value in building significant reserves in all areas of my life: Time, money, love, and opportunity.

72. I need to take much better care of myself: Body, mind and spirit.

73. I want to get to know and understand myself better, and to know what makes me tick/motivates me.

74. I feel the need for significant spiritual development and/or to embark on a

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spiritual path that fits for me.

O O O O O 75. I want to develop a stronger personal style and be able to express myself fully.

Section 4. Personal Success

PRIORITY LEVEL

Low -----High

O O O O O 76. I would learn how to attract success to me instead of pushing so hard for it.

O O O O O 77. I know that I need to become more aware more quickly of what's occurring to and around me.

O O O O O 78. I see the need to increase my bandwidth - that's the ability to quickly receive and process lots of information.

O O O O O 79. I need to deliberately cause (meaning to create) my life and success, instead of waiting for it to happen.

O O O O O 80. I recognize the need to be a lot more coachable and flexible to input from others.

O O O O O 81. I would he to learn the key coaching skills so that I can be more effective with others.

O O O O O 82. I need to improve my communication and speaking skills so that I am better heard and understood.

O O O O O 83. I'd like to contribute more to others without feeling that I am wasting my time or resources.

O O O O O 84. I'd like to become much more creative in my life and/or unblock what gets in the way of my creating.

O O O O O 85. I would like to develop a formal schooling/education plan or strategy for my life and career.

O O O O O 86. I have several important goals that I would probably reach sooner if I had support and advice from a coach.

O O O O O 87. I have great ideas but I need to develop them into something that is financially

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and personally rewarding.

O O O O O 88. I want to learn how to be interdevelopmental with everyone, meaning to work in collaboration/partnership.

O O O O O 89. I need to develop my intuition so that it's finely tuned and/or to fully respect and immediately respond to it.

O O O O O 90. I need to increase my vocabulary and/or learn how to language and phrase my thoughts better.

O O O O O 91. I would like to create a coordinated and comprehensive Life Plan for the next 5 years.

O O O O O 92. I am ready to become a much better listener; I want to really hear what others are saying or trying to say.

O O O O O 93. I need a complete life makeover, starting from the ground up.

O O O O O 94. I need help in becoming much better organized with paperwork, bill-paying, or other tasks.

O O O O O 95. I want to develop a customized personal reading program to better educate myself or expand my thinking.

O O O O O 96. I need help to either resolve a relationship problem or improve a key relationship.

O O O O O 97. I would like to get to know all of the parts of myself better so that I can make better decisions/be happier.

O O O O O 98. I want to start saving or increase the amount that I'm saving each year.

O O O O O 99. I need to quickly turn around a very important part of my life.

O O O O O 100. I see the value of getting online and understanding the internet and Web; I want to get wired!

And finally .

O O O O O 101. I want to learn more about what love is, how it works, and how to become more loving to everyone.

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