

# Goals to Work on with Your Coach

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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