

# Goals List

Please mark the goals you MOST want to work on during the first year of coaching. A list of popular goals to achieve, using the services of a coach.

## HEALTH AND EMOTIONAL BALANCE

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> REDUCE STRESS           | <input type="checkbox"/> BEGIN EXERCISING    | <input type="checkbox"/> MORE VIM & VIGOR    |
| <input type="checkbox"/> REDUCE SUGAR/FATS       | <input type="checkbox"/> LOOK BETTER         | <input type="checkbox"/> HANDLE BODY PROBLEM |
| <input type="checkbox"/> REDUCE ALCOHOL/NICOTINE | <input type="checkbox"/> LOSE WEIGHT         | <input type="checkbox"/>                     |
| <input type="checkbox"/> SLEEP BETTER            | <input type="checkbox"/> TAKE RESPONSIBILITY | <input type="checkbox"/>                     |

## 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 FIN. INDEPEND. PLAN | <input type="checkbox"/> PRE/POST-RETIREMENT | <input type="checkbox"/>                    |

## 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"/>                    |

## RELATIONSHIPS

- |  |   |                          |
|--|---|--------------------------|
| <input type="checkbox"/> GET ONE/FIND MR/MS RIGHT! | <input type="checkbox"/> RESOLVE PAST EXPERIENCES | <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"/> |

## TRANSITION

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> DIVORCE RECOVERY           | <input type="checkbox"/> RETIREMENT PLANNING   | <input type="checkbox"/> 1-5YR 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"/>                   |

## 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"/>                         |

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