

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

health and well being

- reduce stress
- reduce sugar/fats/carbs/meat..
- reduce alcohol/nicotine
- sleep better
- begin exercising
- look better
- lose weight
- take responsibility
- increased sustainable energy
- handle body problem
- _____

career

- upgrade profession
- find a new career
- reduce stress on the job
- design a career track
- get a raise and/or a promotion
- get a job or a better job
- job training
- do a better job
- start own business
- be more productive
- _____

financial

- face a money problem
- go through bankruptcy
- set up and/or follow a budget
- pay off debts and credit cards
- earn more and make more
- design financial independence plan
- start saving
- begin investing
- stop overspending
- lifetime money plan
- moonlight
- pre/post-retirement
- buy a home
- build \$\$ reserve
- learn about money
- review insurance
- _____

relationships

- attract mr/ms/mx right!
- redesign to get needs met
- socialise more
- get closer to spouse
- resolve past experiences
- attract better people
- get closer to family
- feel more loved
- _____

transition

- divorce recovery
- recovery from trauma
- new job
- lost something big/failure
- loss of loved one
- received large monies
- big opportunity
- 1-5 year life plan
- medical challenge
- _____

special

- have a lot more fun!
- special project
- meditation
- clean up something
- discover core personal values
- begin path of recovery
- be mentored
- be listened to fully
- get some hope
- design vision and purpose
- handle all needs
- start spiritual path
- make big life changes
- learn distinctions
- unleash creativity
- become more patient
- grow up ☺
- become more responsible
- wake up
- _____