101 Things to Work on with Your Coach

Your name ____________________  Coach’s name ____________________
Date _________________________  Coach’s fax/e-mail ____________________

Section 1: Business or Career Success

Priority Level
Low → High

1. I see the importance of 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, pro forma plan, and/or strategic plan for my business 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 services at a higher level of excellence and standards, even perfection.
7. I want to easily and more powerfully influence my staff, vendors, and colleagues.
8. I feel the need to invest more time and money into my business or professional skill set.
9. I definitely need to feel, think, and act like a stronger leader than I do now.
10. It’s important to me to build and leave a legacy in this lifetime.
11. I could better leverage my assets, resources, connections, and 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.
14. I wish to learn key negotiating skills that will help me get what I want and create win-win situations.
15. I need to increase the size, scope, and depth of my professional network and community.
16. I see the need to increase my personal or company’s productivity significantly.
17. I want to feel like a real pro and be regarded as a real pro by my customers and colleagues.
18. I definitely want to increase the profits of my business.
19. I have an important project that would probably progress more smoothly if I had a coach for support.
20. I need to learn and really master selling skills so I can increase revenue immediately.
21. I need to develop a marketing plan or create unique ways to market my product or service.
22. I need to install administrative, selling, or management systems in my business or work.
23. I want to learn effective team-building skills and management techniques to bring out the best of my group.
24. I want to improve my timing, synergy, and synchronicity so I don’t miss out on opportunities.
25. I need to properly articulate my business or professional vision so it is compelling.

Section 2: Life Enhancement

Priority Level
Low → High

26. I recognize the need to become someone who accepts things more readily and with less resistance.
27. I want to quickly assimilate what I notice, experience, or learn, and apply it immediately.
28. I see the need to become a bigger, more magnanimous person, and I’m ready to change.
29. I need to set much stronger boundaries so I am not taken advantage of, or disrespected, by others.
30. I need to become a much more compassionate and patient person with others.
31. I have important projects, situations, or problems I haven’t finished but need to.
32. I need to gain a broader perspective or context about life, myself, my life, and/or my work.
33. My life is “expensive” to my body, heart, and/or spirit, and I need to reduce these stress costs.
34. I would be more effective and successful if I had more of an edge or more inner confidence.
35. I believe I can get a lot more done with a lot less effort. I want life to be effortless.
36. I have noticed others who are very graceful in how they deal with life, and I want to be that way as well.
37. I would like to be more grateful for what I do have, instead of always needing more.
38. I am ready to take a lot more initiative in certain parts of my personal and business life.
39. I need to more fully integrate the various elements of my personal and work life.

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.

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

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

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

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

48. I want to learn 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: Who I Am

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 change some of the assumptions I have made about myself and upgrade my paradigm.

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

54. I feel out of balance, like I am 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 this part of myself.

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

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

60. I want to improve the communication, cooperation, and love within my family.
61. I feel I have a special gift, but I would like to better identify and orient my life 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 my personal needs.

65. I would like to be more consistently enthusiastic 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, my 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 problem-free zone.

70. 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 and motivates me.

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

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

Section 4: Personal Success

Priority Level
Low → High

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

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

78. I see the need to increase my bandwidth—my ability to quickly receive and process lots of information.

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

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

81. I would like to learn key coaching skills so I can be more effective with others.

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

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

84. I’d like to become much more creative in my life and unblock what gets in the way of my creativity.
85. I would like to develop a formal schooling/education plan or strategy for my life and career.

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

87. I have great ideas, but I need to develop them into something that is financially and personally rewarding.

88. I want to learn how to be interdevelopmental with everyone, meaning to work in a collaborative partnership.

89. I need to develop my intuition so it’s finely tuned and to fully respect and immediately respond to it.

90. I need to increase my vocabulary and learn how to communicate and phrase my thoughts better.

91. I would like to create a coordinated and comprehensive life plan for the next five years.

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

93. I need an entire life makeover, starting from the ground up.

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

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

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

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

98. I want to start saving or increase the amount I’m saving each year.

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

100. I see the value of getting online and understanding the Internet and web; I want to get wired!

And, finally,

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