

## Things to Work On With Your Life Coach

### Self-Improvement

- Gaining a broader perspective on the situations in my life
- Increasing the level of integrity with which I live my life
- Becoming more confident
- Increasing my assertiveness
- Increasing my conflict resolution skills
- Avoiding procrastination
- Managing my time
- Building strategies to remember my to do's
- Managing my calendar
- Organizing my life
- Organizing my office
- Organizing my home
- Organizing my car

### Happiness

- Increasing my sense of gratitude
- Increasing my sense of optimism
- Understanding my values
- Finding a greater sense of purpose
- Increasing the pleasure in my life
- Having more fun
- Finding more friends
- Understanding what I enjoy doing
- Finding hobbies that are fun and meaningful
- Learning to think positively
- Learning to use positive affirmations
- Building my desired lifestyle

### Relationships

- Managing difficult relationships
- Building stronger relationships
- Increasing romance
- Finding a romantic partner
- Leaving a romantic partner

## Creating a Life Plan

- Determining my life mission and vision
- Seeing life possibilities
- Personal Goal setting:
  - Health management
  - Risk management
  - Personal finances
  - Housing
  - Lifestyle
  - Spiritual and personal growth
  - Romance
  - Business or career
  - Hobbies
  - Volunteer work
  - Relationships
  - Personal legacy

## Health

- Creating work/life balance
- Reducing my stress
- Avoiding the adrenaline lifestyle
- Creating healthy habits
- Following my exercise plan
- Creating the discipline to eat healthy foods
- Setting up Health Screenings with my physician