

A list of goals you can work on with a 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