

# 101 Things to Work on With a Coach

## Section 1. Business/Career

PRIORITY LEVEL

Low -----High

- 1. I see the importance in 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, and/or strategic plan for my business or 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 service at a higher level of excellence, standards or even perfection.
- 7. I want to more easily and more powerfully influence my staff, vendors and colleagues.
- 8. I feel the need to invest more time and money into my business/professional skill set.
- 9. I definitely need to feel, think and act more like a strong leader than I do now.
- 10. It's important to me to build and leave a legacy in this lifetime.
- 11. I could probably better leverage my assets, resources, connections or 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 which will help me get what I want, but also create a Win-Win-Win.
- 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 that 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 teambuilding skills and management techniques to bring out the best of my group.
- 24. I want to improve my timing, synergy and synchronicity so that I don't miss out on opportunities.
- 25. I feel the need to properly articulate my business or professional vision so that it is compelling.

## Section 2. Dealing With Life

### PRIORITY LEVEL

Low -----High

- 26. I recognize the need to become someone who accepts things more readily, with less resistance.
- 27. I want to more 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 wider boundaries so that I am not taken advantage of, or disrespected, by others.
- 30. I need to become a much more compassionate person and more patient with others.
- 31. I have important projects, situations or problems that I haven't completed, 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 fairly '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 that 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 become more grateful for what I do have, instead of always needing more.
- 38. I am someone who is ready to take a lot more initiative in certain parts of my personal and business life.

- 39. I need to more completely 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 feel the need to get back on a more solid footing 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, perhaps even dramatically.
- 47. I am ready to raise my standards of behavior, expectations, relationships and lifestyle.
- 48. I want to learn how 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. You As a Person

#### 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 update some of the assumptions I've made about myself or life, and upgrade my paradigm.
- 53. I am interested in identifying and focusing on selected Attainments.
- 54. I feel out of balance, like I'm 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 dominate or control them.
- 59. I feel the need to improve the quality of my physical and/or spiritual energy.
- 60. I need some help to improve the communication, cooperation and love within my family.
- 61. I feel that I have a special gift, but I would like to better identify and orient myself 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 all my personal needs.

- 65. I would like to be more consistently passionate 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, 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 completely Problem-Free Zone.
- 70. I feel like 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/motivates me.
- 74. I feel the need for significant spiritual development and/or to embark on a spiritual path that fits for 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 learn how to attract success to me instead of pushing so hard for it.
- 77. I know that I need to become more aware more quickly of what's occurring to and around me.
- 78. I see the need to increase my bandwidth - that's the 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 the key coaching skills so that 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 that I am wasting my time or resources.
- 84. I'd like to become much more creative in my life and/or unblock what gets in the way of my creating.
- 85. I would like to develop a formal schooling/education plan or strategy for my life and career.
- 86. I have several important goals that 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 collaboration/partnership.

- 89. I need to develop my intuition so that it's finely tuned and/or to fully respect and immediately respond to it.
- 90. I need to increase my vocabulary and/or learn how to language and phrase my thoughts better.
- 91. I would like to create a coordinated and comprehensive Life Plan for the next 5 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 a complete 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 of the parts of myself better so that I can make better decisions/be happier.
- 98. I want to start saving or increase the amount that 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.