

# Goals List

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

HEALTH AND EMOTIONAL BALANCE		
Reduce Stress	Begin Exercising	More Vim and Vigor
Reduce Sugar/Fat	Look Better	Handle Body Problem
Reduce Alcohol/Nicotine	Lose Weight	
Sleep Better	Take Responsibility	
FINANCIAL		
Face A Money Problem	Start Saving	Buy A Home
Go Through Bankruptcy	Begin Investing	Build \$\$ Reserve
Set Up/Follow A Budget	Stop Overspending	Learn About Money
Pay Off Debts/Credit Cards	Lifetime Money Plan	Review Insurance
Earn More/Make More	Moonlight	
Design Financial Independence Plan	Pre/Post-Retirement	
CAREER		
Upgrade Profession	Get A Raise/Promotion	Start Own Business
Find A New Career	Get A Job/Better Job	Be More Productive
Reduce Stress On The Job	Job Training	
Design A Career Track	Do A Better Job	

RELATIONSHIPS		
Get One/Find Mr/Ms Right!	Resolve Past Experiences	
Redesign To Get Needs Met	Attract Better People	
Socialize More	Get Closer To Family	
Get Closer To Spouse	Feel More Loved	
TRANSITION		
Divorce Recovery	Retirement Planning	One To Five Year Life Plan
Recovery From Trauma	Loss Of Loved One	Medical Challenge
New Job	Received Large Monies	
Lost Something Big/Failure	Big Opportunity	
SPECIAL		
Have A Lot More Fun!	Get Some Hope	Become More Patient
Special Project	Sexual Concern	Grow The Heck Up
Mediation	Design Vision, Purpose	Become More Responsible
Clean Up Something	Handle All Needs	Wake The Heck Up
Discover Core Values	Start Spiritual Path	
Begin Path of Recovery	Make Big Life Changes	
Be Mentored	Learn Distinctions	
Be Listened To Fully	Go Creative Juices!	