



## COACHING GOALS FORM

Below is a list of goals clients would commonly use a coach to support them in achieving. Please select as many as you like, and then number the top ten in importance from 1 to 10.

### SELF CARE/HEALTH

- ☐ Stop smoking
- ☐ Develop exercise program
- ☐ Lose Weight
- ☐ Eat good food
- ☐ Drink more water
- ☐ Get a massage per week
- ☐ Get fit
- ☐ Look better
- ☐ Reduce stress
- ☐ Sleep better
- ☐ Get organised
- ☐ Remove clutter

### RELATIONSHIPS

- ☐ Find a relationship
- ☐ Build community of friends
- ☐ Closer to family
- ☐ Closer to spouse
- ☐ Resolve a conflict/rift
- ☐ Ask for what I really want
- ☐ Get over a relationship/move on
- ☐ Handle draining people
- ☐ Stand up for myself
- ☐ Improve sex life

### TRAINING/GROWTH

- ☐ Communication skills
- ☐ Get clear what's important to me
- ☐ Be fully self-expressed
- ☐ Develop relationship with self
- ☐ Public speaking skills
- ☐ Tell the truth
- ☐ Reduce/handle fear
- ☐ Increase confidence
- ☐ Find Direction
- ☐ Appreciating what I have
- ☐ Be more attractive
- ☐ Design Perfect Lifestyle
- ☐ Acknowledge loved ones
- ☐ Stop putting up with things

### OTHER

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[davidt@lifecoachingresource.com](mailto:davidt@lifecoachingresource.com) <http://www.lifecoachingresource.com>

Phone: 61 2 9420 2660



## COACHING GOALS FORM cont.

### **MONEY**

- ☐ Increase income
- ☐ Start saving
- ☐ Reduce expenses
- ☐ Develop Financial Plan
- ☐ Develop Budget
- ☐ Develop discipline
- ☐ Determine monetary worth
- ☐ Increase skills/marketability
- ☐ Become Financially Independent

### **CAREER**

- ☐ Promotion
- ☐ Increase income
- ☐ Design ideal job/career
- ☐ Get a new job
- ☐ Improve work environment
- ☐ Create Bigger Goals
- ☐ Balanced lifestyle
- ☐ Become a Life Coach

### **BUSINESS**

- ☐ Start own company
- ☐ Choose type of business
- ☐ Develop business plan
- ☐ Reduce expenses
- ☐ Increase profitability
- ☐ Develop sound business systems
- ☐ Improve marketing/sales
- ☐ Balanced lifestyle
- ☐ Time Management/Leverage Self
- ☐ Get Organised

### **WHAT I MOST WANT FROM MY COACH**

- ☐ Support
- ☐ Accountability
- ☐ Focus
- ☐ Sounding Board
- ☐ Direction
- ☐ Create Bigger Goals

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