

75 Sample Goals for Coaching

1. Reduce clutter in life, relationships, and business
2. Build a savings account and pay off debts
3. Read the right books
4. Learn proper cyber skills
5. Understand that the obstacle is the way
6. Build patience from within
7. Talk the talk and walk the walk
8. Deepen your spiritual life
9. Add value to life
10. Procrastinate in an effective manner
11. Eliminate the to-do list
12. Quit complaining
13. Locate the ideal career
14. Become more proficient in daily tasks
15. Improve general quality of life
16. Stop letting others run your life
17. Create a lifestyle that focuses on being happy each day
18. Expand your network and your net worth
19. Learn when and how to goof off
20. Change liabilities to assets
21. Limit excess adrenaline
22. Balance life with proper leisure time
23. Feel better about yourself, family, and friends
24. Eradicate all tolerations
25. Create a path of personal development
26. Expand general thinking
27. Live your life plan
28. Focus, focus, focus
29. Build momentum and keep it moving
30. Find your muse and get motivated
31. Get some sleep
32. Throw away your television
33. Live exactly where you want to and feel good about it
34. Make ideal decisions
35. Take a chance on something you love
36. Learn to delegate
37. Climb upward, leaving the rut in the dust
38. Lose excess weight without becoming obsessed
39. Create a plan for financial independence
40. Learn to model your life so others follow
41. Find time for those you care for
42. Be the most direct person in your circle
43. Tell the truth to everyone
44. Smell the roses
45. Focus on goals by using virtues
46. Inspire others
47. Find your niche
48. Eradicate those who take your energy
49. Save more than you spend
50. Rejuvenate with routine self care
51. Work less and make more
52. Enjoy today
53. Build self-confidence
54. Know who to love and who to leave
55. Understand boundaries and surpass them
56. Give advice in one sentence
57. Toss out any micromanaging techniques
58. Increase good clients and fire bad ones
59. Make your million
60. Build the best team
61. Give people what they want
62. See the glass as half-full
63. Learn to play
64. Stop reactions and begin responses
65. Eat clean
66. Make everything simpler
67. Exercise without excuses
68. Stop feelings of anxiousness
69. Begin a newsletter
70. Learn how to win negotiations
71. Take time to cook and eat well
72. Live for your virtues
73. Write your novel
74. Set up a website that promotes your brand and your business
75. Ask the right questions