

The Top 48 Things Coaching Clients "Want More or Less Of"

Get more done in less time Get focused on what you most want to have
Simplify your life, responsibilities, projects
Automate systems for peak efficiency
Permanently eliminate inventory of to-do's
Reduce the shoulds, coulds, and oughtas's in life

Eliminate the hassles of life Stop suffering, tolerating, waiting
Stop having problems (really!)
Calm down, eliminate adrenaline
Reduce stress
Get complete with past

Feel better emotionally and physically Get your home, office, car in perfect order
Recognize and eliminate any hidden "life costs"
Establish a reserve of time, space, money, and love
Redesign eating and lifestyle habits
Get personal needs met

Become closer with others Attract and deepen relationships with quality people
Become more intimate with family
Learn to enjoy people more
Know what you want for others

Make and keep more money Start saving/investing 10-30% of income
Get a handle on spending, lifestyles, habits
Increase income by 20-200%
Handle debt, financial problems, crises
Stabilize cash flow

Professionals Develop a full, successful practice
Develop a strong reputation
Manage clients better
Increase sales and profitability
Eliminate high, hidden delivery costs

Communicate much more effectively
Say everything I need to; nothing withheld
Motivate others better
Respond better, in the moment
Be able to ask for more of what you want
Ask the right questions

Get on a path
Develop your spiritual side
Discover personal mission, vision
Reorient life around your values
Design a career path that inspires
Be internally peaceful

Have a successful Small Business
Start a new business
Increase profitability by 20-500%
Increase sales by 50-1000%
Develop a strategic and action plan
Strengthen the internal management/systems

Substantially Increase Quality of Life
Establish balance home, work, play
Have a whole lot more FUN
Increase personal standards
Strengthen community/ network