

25 Things You Can Work Together On with Your Personal Life Coach

1. Expand what I see as possibilities in my life.
2. Maintain a zero balance on all of my credit cards.
3. Learn how to pace myself during the day.
4. Overcome the fear I have of rejection.
5. Enjoy my life more and have some fun.
6. Work through career changes and transitions.
7. Take time to recover from burnout.
8. Begin writing a journal so I can express my thoughts and feelings.
9. Hire someone to do the housecleaning.
10. Learn to use fifteen words or less to make a point.
11. Triple my standards.
12. Effectively communicate with my spouse/significant other.
13. Increase my level of energy by regularly doing something physical.
14. Start setting relationship boundaries.
15. Free up 1 hour each and every day.
16. Learn how to communicate meaningful love and respect to my children.
17. Become fearless.
18. Stop making promises that are difficult to fulfill.
19. Get the quality and quantity of rest that I need.
20. Multi-task, multi-task, multi-task.
21. Learn how to stay 'present' each day.
22. Always have enough clean, pressed clothes, no matter what.
23. Develop a sense of humour.
24. Goof off sometimes and don't feel guilty about it.
25. Design a lifestyle that makes me unbelievably happy and content.

Sometimes people think that they have to have gigantic 'problems' in their life before they need a coach. Not true!

Are these some of the things that YOU might want to work on? Could you use some help in navigating your way to make these happen for YOU?

Sometimes people think that they have to have gigantic 'problems' in their life before they need a coach. Not true! Think about this. Wouldn't it be great to have a partner to help you achieve your personal goals?

Big or small, doesn't matter. Your coach gives you unconditional support when you take a hit, motivation when strong actions are called for, is your personal beacon during stormy times and your wake up call if you are unable to hear your own.



About the Author:
Lois Galloway is a Business and Personal Development Coach who works with business owners, business teams and individuals who want

to excel at what they do and propel themselves forward in their lives. She presents workshops and teleclasses and has authored several motivational e-books and articles that have been published online.

Lois supports her clients by drawing on a wealth of experience and expertise that includes being a successful entrepreneur, caring for her special needs daughter, surviving a difficult divorce, remarriage and the loss of both parents.

She is a member of the International Coaching Federation (ICF), International Association of Coaches (IAC), Coach University and the CoachVille Community and is actively involved in local volunteer work.