

546 Goals

Here's a master list of things to work on with your coach.

<input type="checkbox"/>	Expand my thinking beyond what I am conditioned to conceive of.
<input type="checkbox"/>	Delegate more effectively so that I have more time to work on what matters most.
<input type="checkbox"/>	Lose weight without orienting my life around it.
<input type="checkbox"/>	Develop a financial plan to become financially independent at age____.
<input type="checkbox"/>	Change my relationship with food from comfort to sustenance.
<input type="checkbox"/>	Change my approach from selling to telling and from telling to modeling.
<input type="checkbox"/>	Learn how to set up a website that showcases myself and my services/company.
<input type="checkbox"/>	Become masterful with sending and receiving all forms of email.
<input type="checkbox"/>	Improve the quality of my home life.
<input type="checkbox"/>	Take much more time for me instead of living too much for others.
<input type="checkbox"/>	Take charge of my life instead of letting other people run it for me.
<input type="checkbox"/>	Become unconditionally constructive in everything I say.
<input type="checkbox"/>	Design a lifestyle that makes me incredibly happy.
<input type="checkbox"/>	Improve the profitability of my company by at least.
<input type="checkbox"/>	Expand my network to include the finest professionals in 100 different fields.
<input type="checkbox"/>	Stop pushing for individual sales and start investing in lifetime buying relationships.
<input type="checkbox"/>	Goof off and not feel guilty about it.
<input type="checkbox"/>	Communicate so well that people respond immediately.
<input type="checkbox"/>	Turn my time into an asset — 1440 'assets' a day.
<input type="checkbox"/>	Eliminate or reduce adrenaline in my life so I don't burn myself and others up.

<input type="radio"/>	Redesign my life so that it's oriented around vacations, not work.
<input type="radio"/>	Increase my ability to process more information without getting overwhelmed.
<input type="radio"/>	Accelerate my personal evolution.
<input type="radio"/>	Feel a lot better about my family and myself.
<input type="radio"/>	Reduce the amount of conflict in my life so that I can relax.
<input type="radio"/>	Increase the amount of money I have in savings.
<input type="radio"/>	Start a new business and avoid the common learning curve.
<input type="radio"/>	Identify the triggers that cause adrenaline, before they get me wired.
<input type="radio"/>	Start reading the books that will help me evolve instead of merely develop.
<input type="radio"/>	Design my path of personal development.
<input type="radio"/>	Reduce what I am tolerating at work.
<input type="radio"/>	Clean out the clutter in my closets, draws and garage.
<input type="radio"/>	Learn how to ask the right questions in any selling situation.
<input type="radio"/>	Create a buying environment instead of a selling environment.
<input type="radio"/>	Learn how to make more money in the new economy.
<input type="radio"/>	Discover what is causing dissonance in my life.
<input type="radio"/>	Become cyber and Internet literate without having to struggle through the process.
<input type="radio"/>	Come to endorse my worst weakness as my biggest strength.
<input type="radio"/>	Be able to look at any problem and see an opportunity, without wearing rose colored glasses.
<input type="radio"/>	Have more patience, especially when I have none.
<input type="radio"/>	Walk my talk without strutting.
<input type="radio"/>	Become a toleration free zone.
<input type="radio"/>	Strengthen my personal foundation so that the underpinnings of my life are rock solid.
<input type="radio"/>	Add value to my customers and clients, just for the joy of it.
<input type="radio"/>	Identify the unique skills and talents that I know are waiting to be leveraged.
<input type="radio"/>	Eliminate delay, so I don't miss opportunities.
<input type="radio"/>	Stop procrastinating and be 'inventory-free'.

<input type="radio"/>	Toss out my to-do list (or plan to create one).
<input type="radio"/>	Expand my vocabulary so that I can better express myself in any situation.
<input type="radio"/>	Stop whining and start winning.
<input type="radio"/>	Find the career that is no longer work.
<input type="radio"/>	Play with my kids everyday instead of when I have time.
<input type="radio"/>	Identify every source of stress in my life and either reduce or eliminate it.
<input type="radio"/>	Put my family first without having to put myself second.
<input type="radio"/>	Learn how to give people what want, without it costing me anything.
<input type="radio"/>	Evolve from win-lose to win-win in my thinking.
<input type="radio"/>	Design values-based goals instead of whim-based goals.
<input type="radio"/>	Stop taking live so darn seriously.
<input type="radio"/>	Give others the experienced of being heard, instead of just being listened to.
<input type="radio"/>	Increase my bandwidth in order to handle more input.
<input type="radio"/>	React less and respond more.
<input type="radio"/>	Clean up my life and start clean.
<input type="radio"/>	Start over.
<input type="radio"/>	Discover my personal values and orient my life around these.
<input type="radio"/>	Identify and eliminate 10 tolerations in the next 10 days.
<input type="radio"/>	Create a perfect life.
<input type="radio"/>	Become self-actualized.
<input type="radio"/>	Write a book without the pain.
<input type="radio"/>	Develop a life plan and start living it.
<input type="radio"/>	Make the personal changes I have not been able to make on my own.
<input type="radio"/>	Get focused.
<input type="radio"/>	Blow up the blocks standing in the path to success.
<input type="radio"/>	Start taking the path of least resistance instead of working against life.
<input type="radio"/>	Increase the momentum in life so that I am carried forward instead of pushing myself.

<input type="radio"/>	Find a better way to motivate myself.
<input type="radio"/>	Stop watching Jay Leno and get to bed earlier.
<input type="radio"/>	Throw out my television set.
<input type="radio"/>	Move to the country because I want to.
<input type="radio"/>	Make a significant personal decision.
<input type="radio"/>	Create a business plan without taking three months to do so.
<input type="radio"/>	Get in the habit of flossing daily.
<input type="radio"/>	Get the support I need to visit the dentist.
<input type="radio"/>	Get the nudge I need to hire a house cleaner so I don't have to do it.
<input type="radio"/>	Improve my attitude so I'm always positive, naturally.
<input type="radio"/>	Take more chances.
<input type="radio"/>	Change my relationship with risk.
<input type="radio"/>	Develop a reserve of time during my day.
<input type="radio"/>	Get out of a rut.
<input type="radio"/>	Do a personal makeover.
<input type="radio"/>	Improve what I see in the mirror.
<input type="radio"/>	Keep me on track around using Nautilus three times per week.
<input type="radio"/>	Better identify the people who are really good for me, and who are not.
<input type="radio"/>	Extend my boundaries without setting up walls.
<input type="radio"/>	Strengthen my character so I am really proud of who I am.
<input type="radio"/>	Become more sensitive with people who need that from me.
<input type="radio"/>	Stop micromanaging people.
<input type="radio"/>	Bring in five new clients a month.
<input type="radio"/>	Make a million dollars next year.
<input type="radio"/>	Become a saver and therefore start saving because I enjoy it.
<input type="radio"/>	Reduce my credit card debt much faster than I am currently.
<input type="radio"/>	Get control over my spending.

<input type="radio"/>	Build a "team" with my area managers.
<input type="radio"/>	Spend more time in the garden.
<input type="radio"/>	Spend more time at the beach.
<input type="radio"/>	Spend more time.
<input type="radio"/>	Learn how to practice extreme self care.
<input type="radio"/>	Increase my havingness level to that I can maintain my success.
<input type="radio"/>	Simplify everything.
<input type="radio"/>	Get back to exercising: 40 sit-ups and 20 push-ups per day.
<input type="radio"/>	Be able to meet men and women and not get anxious about it.
<input type="radio"/>	Book at least five selling appointments in the next 10 days.
<input type="radio"/>	Help me identify my unique selling proposition and my label.
<input type="radio"/>	Close ten new clients in next 90 days.
<input type="radio"/>	Start an email-based weekly newsletter to expand my network..
<input type="radio"/>	Easily ask for what I want.
<input type="radio"/>	Become a very direct and confident communicator.
<input type="radio"/>	Tell the truth instead of what people want to hear.
<input type="radio"/>	Increase my awareness.
<input type="radio"/>	Slow down to enjoy the weather and take in the wonder of everyday life.
<input type="radio"/>	Spend less time in the future and more time enjoying the present.
<input type="radio"/>	Design my winning formula.
<input type="radio"/>	Reduce business expenses by \$20,000.
<input type="radio"/>	Increase business by 20% without spending more on advertising.
<input type="radio"/>	Identify three specific goals that light me up for next year.
<input type="radio"/>	Get clear on my values and align my goals with them.
<input type="radio"/>	Create an inspiring project where I will touch at least 100 people per month.
<input type="radio"/>	Launch a national organization.
<input type="radio"/>	Become a better team leader so employees love their jobs.

<input type="radio"/>	Create a sales program for a new niche.
<input type="radio"/>	Let go of the people in my life who drain my energy.
<input type="radio"/>	Create a personal health plan that includes exercise.
<input type="radio"/>	Take more days off.
<input type="radio"/>	Plan three wonderful vacations for next year.
<input type="radio"/>	Set clear boundaries and train those around me to treat me with respect.
<input type="radio"/>	Begin a financial independence plan.
<input type="radio"/>	Save \$100,000 next year.
<input type="radio"/>	Take a day every week to renew and rejuvenate.
<input type="radio"/>	Develop a national reputation for what I do well.
<input type="radio"/>	Brainstorm and prioritize the best ideas to use in my business.
<input type="radio"/>	Work 25% less hours without making less.
<input type="radio"/>	Become a person who smiles almost all of the time.
<input type="radio"/>	Write to someone with whom I have unfinished business.
<input type="radio"/>	Apologize to someone to whom it is very difficult.
<input type="radio"/>	Ask my partner to give three hours of his time per week, to release me to do something I really enjoy.
<input type="radio"/>	Discover what makes me tick.
<input type="radio"/>	Bring balance to work, home, community and personal time over a three months.
<input type="radio"/>	Start running each morning.
<input type="radio"/>	Decrease body fat percentage by 10% within six months.
<input type="radio"/>	Upgrade all computer programs within three months.
<input type="radio"/>	Stop smoking completely within three months.
<input type="radio"/>	Stop over-promising and making commitments.
<input type="radio"/>	Complete a tough project on time.
<input type="radio"/>	Pay off car loan one year early.
<input type="radio"/>	Buy a new car within six months.
<input type="radio"/>	Buy a house within one year.

<input type="radio"/>	Quit my job to work from home within two years.
<input type="radio"/>	Become a telecommuter.
<input type="radio"/>	Go half-time at work.
<input type="radio"/>	Redecorate house in six months.
<input type="radio"/>	Negotiate a 10% raise next evaluation.
<input type="radio"/>	Learn five skills to better communicate with my children.
<input type="radio"/>	Learn five skills to better communicate with my spouse.
<input type="radio"/>	Establish one delicious habit and do it every day.
<input type="radio"/>	Rebuild my life after a loss.
<input type="radio"/>	Bring romance back into my marriage within 90 days.
<input type="radio"/>	Discover my life purpose and begin setting goals to live it within 90 days.
<input type="radio"/>	Become more efficient without becoming a machine.
<input type="radio"/>	Return to school to pursue a graduate degree.
<input type="radio"/>	Get married within five years.
<input type="radio"/>	Expand business to sell products over the Internet.
<input type="radio"/>	Take a trip to Europe.
<input type="radio"/>	Go on a safari.
<input type="radio"/>	Own a boat.
<input type="radio"/>	Stop fibbing and lying completely within three months.
<input type="radio"/>	Build meditation and yoga into daily schedule.
<input type="radio"/>	Achieve assigned sales numbers one week prior to end of month to avoid rushing for sales the last week.
<input type="radio"/>	Spend 10% less money monthly.
<input type="radio"/>	Identify 101 things I love to do and do one each day.
<input type="radio"/>	Decrease time spent paying bills.
<input type="radio"/>	Increase personal time by four hours a week within one month.
<input type="radio"/>	Enroll in a cooking class.
<input type="radio"/>	Take scuba lessons and go on a Caribbean dive.

<input type="radio"/>	Discard unnecessary household and personal items within three months.
<input type="radio"/>	Discard items cluttering office and desk within one month.
<input type="radio"/>	Establish three things I am passionate about as priorities in my life within six months.
<input type="radio"/>	Drop three clothing sizes within six months.
<input type="radio"/>	Fit into those 32-inch Levis within six months.
<input type="radio"/>	Go on a guilt-free shopping spree.
<input type="radio"/>	Pay back money owed to friends within six months.
<input type="radio"/>	Stop complaining within 14 days.
<input type="radio"/>	Shift/release a sabotaging belief within 60 days.
<input type="radio"/>	Reconcile credit report within six months.
<input type="radio"/>	Establish and enforce boundaries within a relationship.
<input type="radio"/>	Reduce number of credit cards to three in 18 months.
<input type="radio"/>	Move into a larger apartment within nine months.
<input type="radio"/>	Visit grandparents out-of-state within the year.
<input type="radio"/>	Design a class or TeleClass and market it within six months.
<input type="radio"/>	Allow one day out of each month to do something I really want to do.
<input type="radio"/>	Organize my pension, will, life insurance and mortgage papers within 60 days.
<input type="radio"/>	Meet with a financial advisor twice a year to keep finances updated to set goals on a weekly basis.
<input type="radio"/>	Genuinely thank people who help me, daily.
<input type="radio"/>	Reestablish a lost relationship.
<input type="radio"/>	Call up one member of my family per week, just to say hi.
<input type="radio"/>	Pay off mortgage within five years.
<input type="radio"/>	Be prepared for a holiday season (eg, Christmas) at least one month before the holiday begins.
<input type="radio"/>	Train a pet to consistently perform a desired action on command.
<input type="radio"/>	Reorient personal and professional life completely around values (not wants and needs) within three years.
<input type="radio"/>	Join Toastmasters and complete first ten speeches within six months.
<input type="radio"/>	Develop two new profit centers in my business within one month.

<input type="radio"/>	Trash 100 megabytes of stuff I don't need on my computer.
<input type="radio"/>	Clean out/purge all home and work files this month.
<input type="radio"/>	Get my hair cut and styled the way I really want it and the way that is most attractive for me.
<input type="radio"/>	Say "no" five times this week.
<input type="radio"/>	Keep the gas tank in my vehicle at least half full at all times.
<input type="radio"/>	Join and participate in those networking groups that will assist in business and personal life.
<input type="radio"/>	Disentangle from those organizations that do not add value to business or personal life within one month.
<input type="radio"/>	Learn how to use a computer.
<input type="radio"/>	Develop a sense of style.
<input type="radio"/>	Take a world tour.
<input type="radio"/>	Improve my reputation among my colleagues.
<input type="radio"/>	Attract the mate of my dreams.
<input type="radio"/>	Become Ms Right instead of searching for Mr. Right.
<input type="radio"/>	Turn my ideas into revenue streams.
<input type="radio"/>	Clean up where I get my energy from.
<input type="radio"/>	Reduce the friction in my life by finding the right oil.
<input type="radio"/>	Develop a reserve of opportunities so I don't have to look for them.
<input type="radio"/>	Build a personal support network of people with similar interests.
<input type="radio"/>	Learn how to attract business instead of constantly marketing for it.
<input type="radio"/>	Design a personal development plan for my children.
<input type="radio"/>	Deepen my relationships with my friends.
<input type="radio"/>	Delight my customers, not just please them.
<input type="radio"/>	Become a more respectful person of other peoples' ways.
<input type="radio"/>	Keep my word.
<input type="radio"/>	Be accountable for results.
<input type="radio"/>	Enjoy responsibility instead of trying to avoid it.
<input type="radio"/>	Clarify my professional commitments.

<input type="radio"/>	Become an adult in every sense of the word.
<input type="radio"/>	Learn how to say no without turning people off.
<input type="radio"/>	Make it clear to people what I require of them.
<input type="radio"/>	Reorganize my office and work environment.
<input type="radio"/>	Automate and delegate almost every aspect of my personal tasks and chores.
<input type="radio"/>	Get more done, but slow the pace of how I'm working.
<input type="radio"/>	Increase my self-esteem.
<input type="radio"/>	Balance my personal, family and business lives.
<input type="radio"/>	Better integrate what I already have.
<input type="radio"/>	Reduce the roles I am for others.
<input type="radio"/>	Become a lot more creative in what I do.
<input type="radio"/>	Prioritize my time so that I don't feel rushed and exhausted.
<input type="radio"/>	Trust my inklings more.
<input type="radio"/>	Turn my intuition into my primary decision-making system.
<input type="radio"/>	Develop a marketing strategy for my business.
<input type="radio"/>	Build my personal brand.
<input type="radio"/>	Free myself from my beliefs.
<input type="radio"/>	Come to accept that which I resist.
<input type="radio"/>	Become a better writer.
<input type="radio"/>	Speak in a laser-like fashion.
<input type="radio"/>	Become an effective public speaker.
<input type="radio"/>	Find my voice and speak confidently.
<input type="radio"/>	Distinguish truth from b.s. in every situation, instantly.
<input type="radio"/>	Become a proactive person who never waits.
<input type="radio"/>	Develop grace.
<input type="radio"/>	Improve the relationship I have with my husband.
<input type="radio"/>	Improve the relationship I have with my spouse.

<input type="radio"/>	Improve the relationship I have with my wife.
<input type="radio"/>	Improve the relationship I have with my children.
<input type="radio"/>	Improve the relationship I have with my son.
<input type="radio"/>	Improve the relationship I have with my daughter.
<input type="radio"/>	Improve the relationship I have with my father.
<input type="radio"/>	Improve the relationship I have with my mother.
<input type="radio"/>	Improve the relationship I have with my siblings.
<input type="radio"/>	Improve the relationship I have with my in-laws.
<input type="radio"/>	Improve the relationship I have with my neighbors.
<input type="radio"/>	Improve the relationship I have with my boss.
<input type="radio"/>	Improve the relationship I have with my colleagues.
<input type="radio"/>	Improve the relationship I have with my clients.
<input type="radio"/>	Improve the relationship I have with my coworkers.
<input type="radio"/>	Improve the relationship I have with my minister.
<input type="radio"/>	Become a better manager.
<input type="radio"/>	Become a leader, not just a manager.
<input type="radio"/>	Prepare my business for sale.
<input type="radio"/>	Learn how to give advice without turning people off.
<input type="radio"/>	Enjoy being human instead of trying to perfect myself.
<input type="radio"/>	Identify what slows me down.
<input type="radio"/>	Develop a marketing engine for my business.
<input type="radio"/>	Increase the number of referrals I receive.
<input type="radio"/>	Learn how to make requests that are accepted and fulfilled.
<input type="radio"/>	Distinguish symptoms from sources when dealing with a situation.
<input type="radio"/>	Become incredibly selfish.
<input type="radio"/>	Sensitize myself so that I feel things when they occur versus afterward.
<input type="radio"/>	Lighten up.

<input type="radio"/>	Deprogram myself from other people's plans for me.
<input type="radio"/>	Understand the relationship between memes and genes.
<input type="radio"/>	Find my area of specialization or professional niche.
<input type="radio"/>	Find a way to delegate my weaknesses so I can focus on my strengths.
<input type="radio"/>	Transition smoothly to a new field.
<input type="radio"/>	Shift the paradigm in which I exist.
<input type="radio"/>	Perfect my environment so that it brings out my best.
<input type="radio"/>	Create a vacuum, which pulls me forward.
<input type="radio"/>	Affect people profoundly.
<input type="radio"/>	Position my services or products into the marketplace.
<input type="radio"/>	Evolve from rational, logical and linear to operating well in a state of chaos.
<input type="radio"/>	Be causal, instead of reactive.
<input type="radio"/>	Buff up my body.
<input type="radio"/>	Buff up my life.
<input type="radio"/>	Develop 'the edge' in order to close a sale or make my point.
<input type="radio"/>	Become part of a spiritual community.
<input type="radio"/>	Develop compassion for people who I currently criticize.
<input type="radio"/>	Learn to dance better with events versus being so rigid.
<input type="radio"/>	Be able to think abstractly instead of just logically.
<input type="radio"/>	Come to enjoy change versus resist or dislike it.
<input type="radio"/>	Reduce the emotional costs of my business or practice.
<input type="radio"/>	Become a much more endorsing and encouraging person.
<input type="radio"/>	Listen very, very well.
<input type="radio"/>	Develop marketing materials for my business.
<input type="radio"/>	Package my products and services better.
<input type="radio"/>	Develop 10 profit centers instead of just one.
<input type="radio"/>	Complete a project with less stress.

<input type="radio"/>	Be sustainably motivated instead of operating in fits and starts.
<input type="radio"/>	Become wise.
<input type="radio"/>	Always have enough clean clothes, no matter what.
<input type="radio"/>	Turn my bedroom into a place where I sleep perfectly.
<input type="radio"/>	Have something to look forward to each evening.
<input type="radio"/>	Not resist getting up in the morning.
<input type="radio"/>	Get enough physical touch so I don't shrivel up.
<input type="radio"/>	Have a home that is always perfectly clean and organized.
<input type="radio"/>	Improve the lighting everywhere in my home/office so that there is no strain.
<input type="radio"/>	Have my teeth cosmetically perfected.
<input type="radio"/>	Be able to recover quickly in case I lose my wallet or purse.
<input type="radio"/>	Keep my computer backed up, daily.
<input type="radio"/>	Pay my bills early, always.
<input type="radio"/>	Walk away from people who do not respect me.
<input type="radio"/>	Never force myself to do anything that I don't want to.
<input type="radio"/>	Rearrange my investments so that I don't lose sleep over them.
<input type="radio"/>	Get the quality rest I need.
<input type="radio"/>	Have more than enough confidence in virtually every situation.
<input type="radio"/>	Always ask for more than what I need, as a habit.
<input type="radio"/>	Improve my judgment.
<input type="radio"/>	Always arrive early and never feel rushed.
<input type="radio"/>	Eliminate all that distracts me during my day.
<input type="radio"/>	Multitask, easily.
<input type="radio"/>	Protect myself from the physical/environment risks of life.
<input type="radio"/>	Develop a rewarding life outside of work.
<input type="radio"/>	Hire a coach to help me achieve what I want.
<input type="radio"/>	Organize my files perfectly.

<input type="radio"/>	Always be well-groomed.
<input type="radio"/>	Stay 'present' throughout the day.
<input type="radio"/>	Speak without a 'charge' to my voice.
<input type="radio"/>	Stop gossiping.
<input type="radio"/>	Stop making promises, even if I feel I should.
<input type="radio"/>	Stop doing errands and contract this out.
<input type="radio"/>	Reduce volunteer activities that are getting in my way.
<input type="radio"/>	Face a difficult legal, financial or tax matter.
<input type="radio"/>	Become aware of energy flows between others and myself.
<input type="radio"/>	Deepen my relationship to God.
<input type="radio"/>	Deepen my relationship with Jesus.
<input type="radio"/>	Treat my body like the temple that it is.
<input type="radio"/>	Toss out all of the clothes that don't make me look great.
<input type="radio"/>	Learn to collaborate with people, instead of debate or argue.
<input type="radio"/>	Break the past sabotaging patterns that I've had.
<input type="radio"/>	Become more open and available to all that is already around me.
<input type="radio"/>	Learn how to 'get' someone instead of just listening or hearing them.
<input type="radio"/>	Learn coaching skills that I can use with my family and customers.
<input type="radio"/>	Get a handle on what's coming, given how fast the world is change.
<input type="radio"/>	Have inter-developmental relationships, not just interdependent ones.
<input type="radio"/>	Raise my standards.
<input type="radio"/>	Understand the basics of running a successful business.
<input type="radio"/>	Identify the features and benefits that I offer my customers/clients.
<input type="radio"/>	Evolve beyond being productive and to become effective.
<input type="radio"/>	Master my craft rather than just being an expert in it.
<input type="radio"/>	Become fearless.
<input type="radio"/>	Evolve from peace to a life of harmony.

<input type="radio"/>	Arrange to have all my bills paid automatically.
<input type="radio"/>	Design a system to complete projects two days before the deadline.
<input type="radio"/>	Take up cooking.
<input type="radio"/>	Establish a family planning center in my home.
<input type="radio"/>	Increase productivity by 25% in six months.
<input type="radio"/>	Determine causes of procrastination and develop new skills.
<input type="radio"/>	Design each room of my home so that it complements the vision and purpose.
<input type="radio"/>	Implement a low-stress move or relocation.
<input type="radio"/>	Free up two extra hours of time each day.
<input type="radio"/>	Develop a motivational plan to lose twenty pounds in three months, safely.
<input type="radio"/>	Discover the root causes of "stuckness" and implement a plan for becoming unstuck.
<input type="radio"/>	Design a consistent discipline plan for my toddler.
<input type="radio"/>	Incorporate two acts of love per day toward my mate.
<input type="radio"/>	Establish a daily "dream work" time.
<input type="radio"/>	Cut television viewing to 45 minutes a day or less.
<input type="radio"/>	Design an annual physical maintenance program (doctors, dentists, etc.).
<input type="radio"/>	Free my mind of clutter by establishing a recording and action system.
<input type="radio"/>	Free up \$200-500/month for my own self-improvement.
<input type="radio"/>	Be able to put my hands on most of the regularly used information in my office in two minutes or less.
<input type="radio"/>	Communicate love to my children in ways that are personally meaningful to them.
<input type="radio"/>	Establish and follow a seasonal shopping schedule to take advantage of seasonal sales.
<input type="radio"/>	Develop a phone call return system to ensure that calls are returned within 4 hours if they are important.
<input type="radio"/>	Attract a soul mate.
<input type="radio"/>	Define the top ten qualities I am looking for in a soul mate.
<input type="radio"/>	Decrease stress level by 20 points in 90 days.
<input type="radio"/>	Become an "intrapreneur" in my organization by creating a small business idea and "selling" it to the decision-makers.

<input type="radio"/>	Obtain a more senior position in my organization in less than six months.
<input type="radio"/>	Implement two new personal habits each month.
<input type="radio"/>	Maintain a daily quiet time.
<input type="radio"/>	Clarify my top ten values and use them as a decision-making compass.
<input type="radio"/>	Cultivate a circle of five close friends.
<input type="radio"/>	Develop a plan to free up two evenings a week.
<input type="radio"/>	Double my income in two years.
<input type="radio"/>	Set up a one-year program toward taking a dream vacation.
<input type="radio"/>	Cut budget/spending by 25%.
<input type="radio"/>	Increase productivity in staff members by 30%.
<input type="radio"/>	Develop a system for recording and tracking my artistic or business ideas.
<input type="radio"/>	Implement a schedule for acting on ideas.
<input type="radio"/>	Incrementally increase salary over the next year.
<input type="radio"/>	Choose and take the self-assessment tools that would be of maximum benefit.
<input type="radio"/>	Define the legacy I wish to leave.
<input type="radio"/>	Discover a meaningful and rewarding career.
<input type="radio"/>	Reduce problem-solving time by 50%.
<input type="radio"/>	Refine the elements of my business plan.
<input type="radio"/>	Design a customer service satisfaction survey that takes me to the heart of my customers' needs.
<input type="radio"/>	Attract a client base that earns 25% more than current client base.
<input type="radio"/>	Turn dreams into goals.
<input type="radio"/>	Rearrange budget and food spending patterns in order to hire a personal chef three months from now.
<input type="radio"/>	Develop five personalized ways to say "no" to others in firmness and love.
<input type="radio"/>	Get ahead of office equipment maintenance, reducing lost time by 30%.
<input type="radio"/>	Eliminate major blocks to creativity.
<input type="radio"/>	Eliminate 90% of office interruptions.
<input type="radio"/>	Expand circle of influence by 50 people.

<input type="radio"/>	Develop an annual goal-setting system.
<input type="radio"/>	Increase customer retention by 25%.
<input type="radio"/>	Learn to quickly identify people and situations that are not best for me.
<input type="radio"/>	Navigate a successful transition for my staff.
<input type="radio"/>	Identify, personalize and memorize my vision.
<input type="radio"/>	Increase Rolodex by 100 strong people.
<input type="radio"/>	Reduce down time caused by adjustment to change by 50%.
<input type="radio"/>	Reduce time commitments by 30%.
<input type="radio"/>	Learn to make a point in fifteen words or less.
<input type="radio"/>	Design and implement an exercise program.
<input type="radio"/>	Develop the habit of daily flossing.
<input type="radio"/>	Set standards for a clutter-free living environment.
<input type="radio"/>	Set up a plan for the mastery of a new hobby.
<input type="radio"/>	Add two pleasurable activities to my daily routine.
<input type="radio"/>	Understand what drives and motivates me.
<input type="radio"/>	Understand why I relate with people the way I do.
<input type="radio"/>	Understand how I learn so that I can learn more easily.
<input type="radio"/>	Understand my basic interests and how they affect my choices.
<input type="radio"/>	Discover my fashion type and how it impacts other areas of my life.
<input type="radio"/>	Design a customized reading plan.
<input type="radio"/>	Discover my Enneagram type
<input type="radio"/>	Discover my Myers-Briggs type.
<input type="radio"/>	Discover my DISC profile.
<input type="radio"/>	Organize my closets.
<input type="radio"/>	Design a personalized filing system.
<input type="radio"/>	Set up a "90 Days to a Simpler Life" plan.
<input type="radio"/>	Increase the speed of people's response to my needs.

<input type="radio"/>	Add grace and beauty to my life through the arts.
<input type="radio"/>	Learn to have an 'edge' with people and events.
<input type="radio"/>	Implement a personal prioritizing system to accomplish Important rather than simply urgent things.
<input type="radio"/>	Double my standards.
<input type="radio"/>	Improve my skin tone.
<input type="radio"/>	Develop a plan to deal with all undone details of my life.
<input type="radio"/>	Develop a daily habit of journaling feelings.
<input type="radio"/>	Learn how to effectively communicate feelings to my spouse.
<input type="radio"/>	Eliminate 20% of my problems.
<input type="radio"/>	Stop using caffeine within 30 days.
<input type="radio"/>	Stop using sugar within 30 days.
<input type="radio"/>	Implement a tailor-made nutritional plan.
<input type="radio"/>	Develop a list of five boundaries that increase my quality of life.
<input type="radio"/>	Increase my energy level.
<input type="radio"/>	Set boundaries and standards for the type of relationship I will have with my parents.
<input type="radio"/>	Increase my job satisfaction so that I look forward to going to work.
<input type="radio"/>	Develop a plan to implement the truest value into my life.
<input type="radio"/>	Get that I can be both a good person and a good boss.
<input type="radio"/>	Get complete on relationships.
<input type="radio"/>	Work through a career change.
<input type="radio"/>	Get clear on priorities.
<input type="radio"/>	Deal with and recover from burnout.
<input type="radio"/>	Enjoy life more.
<input type="radio"/>	Take on greater challenges at work.
<input type="radio"/>	Become better at developing rapport with others.
<input type="radio"/>	Deal with fears and concerns in a relationship.
<input type="radio"/>	Manage time more effectively.

<input type="radio"/>	Determine priorities.
<input type="radio"/>	Explore/understand feelings and beliefs.
<input type="radio"/>	Get my personal life in order.
<input type="radio"/>	Strengthen my spiritual life.
<input type="radio"/>	Overcome my fear of rejection.
<input type="radio"/>	Deal better with interruptions.
<input type="radio"/>	Develop the ability to say no and stick with it.
<input type="radio"/>	Discover the inner peace that I know is possible.
<input type="radio"/>	Surrender and accept what has happened that I am resisting.
<input type="radio"/>	Catch myself within a minute whenever I stop over something.
<input type="radio"/>	Become a participator in life, not just an observer.
<input type="radio"/>	Come up with a focus that expresses my values and uses my strengths.
<input type="radio"/>	Stop trying to control everything and everyone.
<input type="radio"/>	Identify a theme for my left in the coming year and orient my goals around that.
<input type="radio"/>	Develop a morning routine that I totally enjoy.
<input type="radio"/>	Let go of 10 'shoulds' that I've created for myself.
<input type="radio"/>	Let go of people who are holding me back.
<input type="radio"/>	Lessen the strain I put on people.
<input type="radio"/>	Put people and relationships ahead of results.
<input type="radio"/>	Develop more confidence in myself.
<input type="radio"/>	Stop explaining myself.
<input type="radio"/>	Stop justifying my actions.
<input type="radio"/>	Stop selling or seducing others.
<input type="radio"/>	Reduce how much I am drinking.
<input type="radio"/>	Stop smoking.
<input type="radio"/>	Resolve whatever childhood damage, causing pain today.
<input type="radio"/>	Start investing in the stock market.

<input type="radio"/>	Create an outrageous business goal and enlist support to reach it.
<input type="radio"/>	Start writing a journal to express my thoughts and feelings.
<input type="radio"/>	Subscribe to forward-thinking magazines.
<input type="radio"/>	Learn to pace myself.
<input type="radio"/>	Increase my ability to want and desire.
<input type="radio"/>	Improve my self-esteem and self-worth.
<input type="radio"/>	Learn to share the credit and glory of my accomplishments
<input type="radio"/>	Get completely free of what binds me.
<input type="radio"/>	Always be 10 minutes early and never rushed.
<input type="radio"/>	Start using a time management system.
<input type="radio"/>	Stop tailgating.
<input type="radio"/>	Hire someone to do my laundry.
<input type="radio"/>	Maintain zero credit card debt.
<input type="radio"/>	Be content with my life and myself; to stop striving.
<input type="radio"/>	Become wise in this lifetime.
<input type="radio"/>	Expand what I see as possible.
<input type="radio"/>	Reconcile my life with humanity.
<input type="radio"/>	Be ready to die at any moment, without regrets.
<input type="radio"/>	Become internally motivated.
<input type="radio"/>	Learn to condition change instead of forcing it on others.
<input type="radio"/>	Develop self-respect.
<input type="radio"/>	Put jumper cables in my car's trunk.
<input type="radio"/>	Have AAA (auto club) or equivalent.
<input type="radio"/>	Have the right Internet Service Provider.
<input type="radio"/>	Put all the serial numbers for my computer's software in a safe place.
<input type="radio"/>	Have an attorney on retainer in case something really bad happens to me.
<input type="radio"/>	Have my tax return completed by February 15th each year.

<input type="radio"/>	Have a facelift if I want one.
<input type="radio"/>	Hire a personal trainer.
<input type="radio"/>	Start having fresh flowers in my home and office.
<input type="radio"/>	Plan the next year by the end of the previous November.
<input type="radio"/>	Know a professional gift service for last minute solutions.
<input type="radio"/>	Have a tailor/seamstress available to repair my clothes.
<input type="radio"/>	Know a plumber I can call on a moment's notice.
<input type="radio"/>	Install an alarm system in my house, so I can rest easily.
<input type="radio"/>	Have my car washed each week.
<input type="radio"/>	Call California Closets and have my closets redone.
<input type="radio"/>	Have a virtual assistant on call to handle stuff I don't want to do.
<input type="radio"/>	Have healthy food delivered, so I don't have to cook when I don't want to.
<input type="radio"/>	Have a weekly manicure.
<input type="radio"/>	Get Rolfed.