

# COACHING TIP

From Rex C. Houze

## PERSONAL GOALS STIMULATOR

- What do you want more of?
- What do you want less of?
- What do you want to improve?
- Where do you want to go?
- What do you want to do?
- What do you want to learn?
- Who would you like to meet?
- What position would you like to hold?
- What would you like to own?
- What are your family goals?
- What are your financial goals?
- What are your mental goals?
- What are your physical goals?
- What are your social goals?
- What are your spiritual goals?
- What are your professional goals?
- What are your personal development goals?
- What are your earning goals?
- What are your savings goals?
- What are your investment goals?
- What are your business goals?
- Who would you like to help/serve?
- What kind of lifestyle do you want?
- What debts would you like to pay off?
- What do you want to do for your children?
- What do you want to do for your siblings?
- What habits would you like to develop?
- What would you like to do for recreation?
- What kind of vacations would you like to take?
- What kind of relationships do you want?
- What skills would you like to develop?
- What would you like to do for your community?
- What is your passion?
- How much would you like to weigh?
- How much money would you like to earn?
- What specific habits would you like to develop?
- What specific habits would you like to change?
- What kind of home would you like to own?
- What improvements would you like to make in your current home?
- What new hobby would you like to begin?
- What pressures, stresses, or worries would you like to eliminate?
- What civic activities would you like to get involved in?
- What organizations would you like to join?
- What spiritual qualities would you like to develop?
- In what ways would you like to improve communication with family members?
- In what ways would you like to improve communication with business associates?
- If you had three unlimited wishes, what would you wish for?

*The saddest words of tongue or pen are these...it might have been.* John G. Whittier