
50 Questions to Clarity

Defining Your Goals

1. For me to fully live my life, the following changes need to happen (income, health, relationship, family).

2. The following areas of my life need to be 'tweaked'.

3. The following areas of my life if changed would lead to the biggest immediate difference in my life.

4. What action steps are required?

5. The following is a list of what I want more of in my life:

6. The following is a list of what I want less of in my life:

7. The following three things (that I do) that do not serve me or do not support me (eating, too much T.V., alcohol) :

8. How could I be specific in getting this 'thing' out of my life? I.e. what action do I need to take?

9. What are you big Goals for the coming 12 months – 5 years and some short Action Steps to get there? (House paid off, weight to 80 Kg, better relationship, more clients, fix my business a.k.a. more employees)

10. What would I try if I knew that I could not fail and I had the required money?

11. What 'Action steps' do I need to make the above happen?

12. What do I love? (Work related & Personal related)

13. What do I hate? (Work related & Personal related)

14. What are 10 things that I would love to do before I die? (Big goals i.e. Base camp at Mt Everest, Cruise the Nile river, Walk Kadoka track, reconcile with estranged family member)

15. What is the most important one of the above & what resources do you need?

16. What could I work on now that would really put a smile on my face & give a BIG sense of achievement? (Business and or Personal)

17. For my life to be perfect, what would I have to change?

18. What do I really, really want? (Business and or Personal)

19. What is one change in my life or lifestyle that would give me more peace? (Business and or Personal)

Action Stations

20. What are the first and or next steps?

21. What research do I need to do to establish meaningful change?

22. Who can I talk to who would help illuminate and action this issue?

23. Who should I be hanging out with? So that achieving this/these goals become natural? Who is already doing this? (if you are not able to name several people then serious change in your social / networking activities may be needed)

24. How can I get the information or knowledge that I need? (Who can assist me and hold me accountable)

25. What are three actions that I can take this week that will make sense and make a difference?

26. What are three major things that went well last year which can be replicated in the coming 12 months?

27. What or who's help do I need to get the above accomplished? (list the thing and then the person)

28. What are 3 things that the best Business Coach in the world say you need to do right now? (What would this Massive Action look like?)

29. What will happen (what will the cost be) of me NOT doing anything about this? (Could it be as serious as 'Ground Hog Day a.k.a. repeating this last year again and again and again)

Gaining New Perspective

30. What have I learnt so far from this questionnaire?

31. In what way is the current situation 'Absolutely Perfect'? (Sales Pipeline, Family time, Health)

32. List 3 big yet simple steps that you can take right now to change your life and set dates against them?

33. What in my life can I find to be grateful for? (e.g. family, partner, health, children, business, where you live, friends)

34. What am I doing well and what can I do better?

35. What is one way that I can have more fun in my life?

36. If I had the best coach in the world right now – what advice or guidance would they give me right now?

37. What are my current values? (e.g. Trustworthiness, On time, Integrity, Honesty etc)

38. What is the favorite way of sabotaging my goals and myself?
(e.g. too much food, excessive alcohol, too much T.V. not enough exercise, not using my Board of Management)

39. Who can I get to hold me accountable (besides me) and how often e.g. Weekly, Monthly or Quarterly)?

40. Please visit <http://www.thebusinessdoctor.com.au/business-coaching/personalised-solutions-tool/> and complete both the business and personal diagnostic questions (insert a minimum \$200,000 in the target, chose higher if you wish)

41. What are three of my greatest strengths?

42. What am I most excited about now? Whose help do I need?

43. What is one way to get more energy into my life?
