

Life Skills And Communication Skills List

Please mark the goals you MOST want to work on during the first year of coaching. A list of popular skills to master, using the services of a coach.

SUCCESS SKILLS

- | | | |
|---|---|--|
| <input type="checkbox"/> TEAM BUILDING | <input type="checkbox"/> REMOVE OBSTACLES | <input type="checkbox"/> TAKE BIGGER RISKS |
| <input type="checkbox"/> PRIORITIZE OPPORTUNITIES | <input type="checkbox"/> USE LEVERAGE | <input type="checkbox"/> ABLE TO ASK |
| <input type="checkbox"/> STAY FOCUSED | <input type="checkbox"/> DELEGATE | <input type="checkbox"/> |
| <input type="checkbox"/> LEADERSHIP | <input type="checkbox"/> MANAGE OTHERS | <input type="checkbox"/> |

SELF-MANAGEMENT SKILLS

- | | | |
|---|--|--|
| <input type="checkbox"/> BE ON TIME | <input type="checkbox"/> KEEP ONE'S WORD | <input type="checkbox"/> GET NEEDS MET |
| <input type="checkbox"/> UNDERPROMISE/OVERDELIVER | <input type="checkbox"/> PROTECT ONESELF | <input type="checkbox"/> DEVELOP ROUTINE |
| <input type="checkbox"/> ASK FOR WHAT YOU NEED | <input type="checkbox"/> STOP TOLERATING | <input type="checkbox"/> |
| <input type="checkbox"/> STOP SUFFERING | <input type="checkbox"/> LOVE ONESELF | <input type="checkbox"/> |

FULFILLMENT SKILLS

- | | | |
|--|---|---|
| <input type="checkbox"/> INTEGRATE ALL OF ONE'S LIFE | <input type="checkbox"/> DISCOVER PURPOSE | <input type="checkbox"/> SURROUNDED BY LOVE |
| <input type="checkbox"/> BUILD A RESERVE | <input type="checkbox"/> FIND SPIRITUAL PATH | <input type="checkbox"/> DESIGN PERS. MISSION |
| <input type="checkbox"/> DISCOVER SOURCE/HIGHER PWR | <input type="checkbox"/> INCLUDE, HOLD IT ALL | <input type="checkbox"/> |
| <input type="checkbox"/> KNOWING ONESELF | <input type="checkbox"/> CREATE A LEGACY | <input type="checkbox"/> |

LISTENING SKILLS

- | | | |
|--|--|---|
| <input type="checkbox"/> LISTEN, ADDING NOTHING | <input type="checkbox"/> HEAR BEHIND THE WORDS | <input type="checkbox"/> CARING |
| <input type="checkbox"/> READ BODY LANGUAGE | <input type="checkbox"/> DISCERN WHO PERSON IS | <input type="checkbox"/> DISCERNING WHAT'S TRUE |
| <input type="checkbox"/> GET THE PERSON | <input type="checkbox"/> EMPOWERING SILENCE | <input type="checkbox"/> |
| <input type="checkbox"/> GET TO THE SOURCE OF PROB | <input type="checkbox"/> IMMEDIATE SENSING | <input type="checkbox"/> |

SPEAKING SKILLS

- | | | |
|---|---|--|
| <input type="checkbox"/> DISCERN WHAT'S HAPPENING | <input type="checkbox"/> BEING HEARD VS TALKING | <input type="checkbox"/> DANCE IN CONVERSATION |
| <input type="checkbox"/> LANGUAGING FEELINGS | <input type="checkbox"/> SPEAKING STRAIGHT | <input type="checkbox"/> CAPTIVATING VOICE |
| <input type="checkbox"/> FULLY COMMUNICATING | <input type="checkbox"/> FULLY CONSTRUCTIVE | <input type="checkbox"/> EVOKE OTHERS |
| <input type="checkbox"/> ASKING FOR ALL YOU WANT | <input type="checkbox"/> SPEAKING W/ THE EDGE | <input type="checkbox"/> SAYING WHAT IS SO |
| <input type="checkbox"/> DIRECT REQUESTING | <input type="checkbox"/> ACKNOWLEDGEMENT | <input type="checkbox"/> |
| <input type="checkbox"/> SAYING NO, NO, NO | <input type="checkbox"/> EDUCATE ENVIRONMENT | <input type="checkbox"/> |

BEING SKILLS

- | | | |
|---|---|--|
| <input type="checkbox"/> STICKING BY REQUIREMENTS | <input type="checkbox"/> KNOW WHAT YOU WANT | <input type="checkbox"/> EFFORTLESSNESS |
| <input type="checkbox"/> GRATITUDE | <input type="checkbox"/> GRACE | <input type="checkbox"/> SURRENDER TO SELF |
| <input type="checkbox"/> BE WITH ANYONE | <input type="checkbox"/> FEEL SELF, OTHERS | <input type="checkbox"/> |
| <input type="checkbox"/> ABILITY TO INQUIRE | <input type="checkbox"/> COURAGE | <input type="checkbox"/> |
| <input type="checkbox"/> INTEGRATION | <input type="checkbox"/> INCLUDING IT ALL | <input type="checkbox"/> |

CONTRIBUTING SKILLS

- | | | |
|---|--|--------------------------|
| <input type="checkbox"/> EMPATHY | <input type="checkbox"/> COMPASSION | <input type="checkbox"/> |
| <input type="checkbox"/> GIVE VS HOOK HELP | <input type="checkbox"/> ABLE TO RECEIVE | <input type="checkbox"/> |
| <input type="checkbox"/> INVEST IN A PERSON | <input type="checkbox"/> ABLE TO GIVE LOVE | <input type="checkbox"/> |

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