

Who Are You?

100 Elements Of A Person

Who are we? What are we made of? What makes us tick? What makes us unique? What makes a human — human? In the list that follows, you will find at least 100 answers to these questions. This list is helpful to both coach and client in that it provides 101 focus areas for coaching, as well as acting as an interesting emotional and lifestyle blueprint of a human being. Clients often use this list as a way to select and prioritize what they want to work on with a coach.

Possessions

Tangible and intangible.

1. Home/Property
2. Car/Vehicles
3. Computer/Tools
4. Clothing
5. Accessories/Jewelry
6. Money/Investments
7. Knowledge/Wisdom
8. Books/Music/Art
9. Memories
10. Reputation

Reserves

How much 'extra' you have.

11. Time
12. Money
13. Love
14. Opportunities
15. Marketability
16. Space
17. Ideas
18. Network/Relationships
19. Bandwidth/Capacity
20. Energy

Relationships

Who you know, who knows you, who you spend time with.

21. Children
22. Spouse
23. Parents/Family
24. Friends
25. Acquaintances/Neighbors
26. Co-workers/Colleagues
27. Vendors/Service
28. Mentors/Teachers
29. Clients/Customers
30. Yourself

Character

What you're made of.

31. Honesty
32. Honor

33. Responsibility
34. Respectfulness
35. Accountability
36. Generosity
37. Maturity
38. Initiative
39. Caring
40. Strength

Experiences

How you have been affected.

41. Childhood experiences
42. Love experiences
43. Romance experiences
44. Work experiences
45. Vacation experiences
46. Cultural experiences
47. Success/Failure experiences
48. Images (TV/Movies)
49. Schooling experiences
50. Threatening experiences

Life

What's going on around you.

51. Tolerations/Requirements
52. Commitments
53. Goals
54. Problems/Struggles
55. Work environment
56. Home Environment
57. Stress
58. Desires/Needs
59. Pace
60. Stimulation

Personal Foundation

What you have developed to support you in life.

61. Values
62. Assumptions
63. Boundaries
64. Wants

65. Self-esteem
66. Spirit
67. Safety
68. Roles
69. Balance
70. Self-Care

Life Skills

What you are good at.

71. Creativity
72. Communication
73. Thinking/Analysis
74. Multitasking
75. Understanding
76. Prioritizing
77. Self-Management
78. Evolving
79. Relating
80. Loving

Thoughts

What's upstairs.

81. Inklings
82. Intuition
83. Facts
84. Opinions
85. Knowledge
86. Evidence
87. Beliefs
88. Expectations
89. Reactions
90. Ideas

Feelings

What you are feeling.

91. Fear/Dread
92. Acceptance/Understanding
93. Expectation/Obligation
94. Excitement/Thrill
95. Happiness/Contentment
96. Sadness/Depression
97. Anger/Rage
98. Freedom/Relief
99. Joy/Bliss
100. Powerful/Able

Form courtesy of and copyrighted by Coach U, www.coachu.com | FB097

© 2002 www.coachu.com & Thomas Leonard | 500+ forms and checklists for life and business

