



METIER COACHING

P. O. Box 4085
Naperville, Illinois 60567-4085
630-983-0678

Goals and Values _____ (name)

What are your significant commitments at this time?

What would your perfect life look like?

What are your dreams? Which have you given up on?

Where do you want to focus first?

Which parts of your life are working best right now? Which are working least well?

What are your values?

What stops you from having the life you want to have?

Please keep a copy for your records and email this back to address at top