

60 Things to Work on With Your Soul Coach

By Michelle L. Casto, Ph.D.

Self-Improvement

1. I want to manage my time better and be more organized.
2. I want to be in integrity in all areas of my life.
3. I want to more effectively plan and prioritize my goals, roles and projects.
4. I want to know who I am and be free to be me.
5. I want to have a solid handle on my financial situation.
6. I want to get smart about setting and achieving my life goals.
7. I want to generate and act on my great ideas.
8. I want to welcome positive changes into my life.
9. I want to live without limitations.
10. I want to live a passionate, purposeful and powerful life.

Career Development

11. I want to create a compelling life vision for my life.
12. I want to make my mark and leave a legacy in the world.
13. I want to be the best I can be in my chosen profession.
14. I want to get paid well for the work that I do.
15. I want to discover my professional life purpose.
16. I want to conduct a successful job search campaign.
17. I want to have a solid business and marketing plan.
18. I want to identify and utilize my unique gifts and talents.
19. I want to do work that is in alignment with my core values.
20. I want to invest more time, energy, and focus into my small business or career.

Interpersonal Relationships

21. I want to attract higher quality people into my life.
22. I want to share more of my authentic self with others.
23. I want to learn how to be a more loving and compassionate person.
24. I want to develop a strong professional network.
25. I want to meet my life mate.
26. I want to eliminate toxic people from my life.
27. I want to be a better communicator.
28. I want to understand myself better - strengths, weaknesses, personality, etc.
29. I want to feel appreciated and supported by others.
30. I want to have healthy relationships with friends, family, and colleagues.

Health & Wellness

31. I want to find my unique life balance in my personal and professional spheres.
32. I want to integrate my mind, body and spirit.
33. I want to feel energized, brightly lit, and fully alive.
34. I want to feel happier and more content.
35. I want to feel at peace with myself, others, and life in general.
36. I want to experience more enjoyment and pleasure.
37. I want to create daily rituals to improve my sense of well-being.
38. I want less-stress, stressors, and tolerations in my life.
39. I want more time for rest, relaxation, and rejuvenation.
40. I want to develop and maintain a stress management program.

Knowledge & Wisdom

41. I want to stop striving and struggling and start thriving and allowing.
42. I want to develop a lifelong learning strategy.
43. I want to enlarge my perspective on important world issues.
44. I want to change my negative thoughts to positive programming.
45. I want to create an easy, enjoyable, and effortless life.
46. I want to make wise and well-thought out decisions.
47. I want success with ease.
48. I want to raise my consciousness.
49. I want to be in control of my thoughts, feelings, and actions.
50. I want to always feel like I am growing and learning.

Spiritual Evolution

51. I want to have an attitude of gratitude.
52. I want to realize my unique destiny.
53. I want to allow intuition, synchronicity, and my soul to guide me.
54. I want to enrich my life with beauty and grace.
55. I want to link up with like-minded souls.
56. I want to tap into my inner wisdom and fountain of inspiration.
57. I want to feel connected to Source.
58. I want to spend more time in nature.
59. I want to impact the world in a significant way.
60. I want to find and follow a spiritual practice that is right for me.

Dr. Michelle L. Casto is known as the Soul Coach, Speaker, Author, and Philosopher. Her coaching practice is called Brightlight Coaching, she helps people come up with bright ideas for their life and empowers them to freely shine their bright light to the world. Visit virtually: <http://www.smartlifechanges.com>
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