



Money & Finance

- A payrise
- A debt paid
- A major purchase
- A financial Plan in place
- Budgets well laid
- A windfall
- retirement
- A savings milestone
- A project completed
- A business anniversary
- A business milestone
- A milestone in your financial plan to independence
- Zero debt
- Charitable contributions
- Finding a great member of your support team - bookkeeper, accountant, financial planner, coach

Career & Work

- A new role
- A promotion
- A career choice
- Great feedback
- Successful projects
- Personal growth
- business goals achieved
- milestones met
- Industry recognition
- Industry recognition
- Joining a great team
- Hiring great staff
- Great outcomes in work/life balance
- Great result in productivity, efficiency, effectiveness - you are doing it better
- Finding a great member of your support team - mentor, adviser, colleague, coach

Health & Fitness

- Completing an event (fun run, competition)
- Increased energy
- Increased vitality
- Letting go of an unhealthy habit
- Noticing a new wellness routine has become second nature
- Finding activities you love that are FUN
- A body that has increased in flexibility, strength, agility, speed
- Refreshing sleep as a result of changed habits
- A satisfying libido that meets your desires
- Finding a great member of your support team - naturopath, chiropractor, PT, coach
- Achieving a goal in your health/wellness
- Starting a new activity that you LOVE
- Being even more active with your partner
- Recovering from, or finding grace in, a wellness challenge



Fun & Recreation

- Fun activities
- Places you've been
- Animals and pets
- New activities you tried
- The funniest moments
- Hobbies (and achievements)
- Awards or recognition
- Bucket list items
- Silly wins
- Holidays
- Special family moments
- Special moments with friends
- Adventures you've had
- Things you have made
- Things you have learned

Environment

- Changes in living environment
- Places you've been
- New sustainability behaviours
- Contribution to direct action
- Reduction in footprint
- Quality of your work environment
- Quality of your home environment
- Different places you spend time
- Eco friendly changes at home
- Eco friendly changes at work
- Active education about environmental issues (in depth)
- Taking political action
- Wins in environmental change
- Growing a garden

Community

- Connections in your network
- Volunteering in your community
- Your tangible contribution (money is the currency of change)
- A cause you support
- Participation in community activities
- Your contribution (time, money, energy, attention) to someone else's life.
- Skills you have shared, or taught, to others.
- A community project that has been successful that you were involved with
- A change in your behaviour to support local community (shops, activities, small business)
- An evolution of your thoughts
- The tangible outcomes of the way that your community supports you
- A community project that has benefited you (council, small business, local groups)



Family & Friends

- Kids graduating
- kids born
- kids to school
- death in the family
- birth in the family
- marriage in the family (or commitment)
- New friends made
- Old friends renewed
- new memories made
- visits with family
- joyful times remembered
- Finding a great member of your support team - new friends, family, colleagues
- Deepen relationships
- Repair relationships
- End relationships

Partners & Love

- Experiences & activities together
- Trips taken
- Projects completed
- The experience of working together as a team
- New roles you have expanded into
- New levels of understanding of each other
- Delight in the growth of your partner
- Relationship Coaching, or educational experience
- Couples retreat
- The wonder of what you have created
- Finding a great member of your support team - a coach, counsellor, mentor
- New experience or depth of intimacy
- Great outcomes in sexuality
- New Partner
- Ending a relationship

Growth & Learning

- A particular skill you have honed
- A new skill you have learned
- A course, workshop, training event
- A new path of learning or interest that you have incorporated
- Completion of a certificate, diploma, degree, or other formal learning
- A graduation of some kind
- An area you are working towards mastery
- Books you have finished (and learned from)
- Actions you have taken, how are you DOING different as a result of your learning?
- Feedback you have incorporated to your life
- Your capacity to give & receive great feedback
- Your learnings in all facets of your life
- What were the hard lessons?
- What lessons were the most precious?



Spirituality

- A specific learning that you have internalised
- Finding a great source (no pun intended)
- Connecting to your spiritual tribe
- An outcome of exploring spirituality with your partner for your relationship
- A changed belief/beliefs
- A spiritual practice
- Practicing mindfulness, presence, gratitude
- Changes in your world as a result of spiritual practice
- A specific tangible manifestation
- An openness to the spirituality of others
- The results of your spirituality what did you DO?
- Reconnecting to intuition
- Finding a great member of your support team - a model of excellence, a mentor, a coach

