



The GO Coaching LIFE Plan program is a holistic life planning process that covers the following areas below. A great way to begin this process is to develop “an overview effect” of every aspect of your life - imagining an ideal world (idealization) that is harmoniously interconnected (intentional congruence), then capture this on a vision board.

Afterwards, you can work backwards using a technique called reverse engineering.

PERSONAL AWARENESS AND BRAND <ul style="list-style-type: none"> ■ Personal Identity ■ Personal SWOT analysis ■ Strengths and weaknesses ■ Survival skills and talents ■ Passion and Drives 	FAMILY AND RELATIONSHIP <ul style="list-style-type: none"> ■ Family Heritage ■ Family Values ■ Family Legacy ■ Family Traditions ■ Ideal life Partner
PERSONAL AND PROFESSIONAL GROWTH <ul style="list-style-type: none"> ■ Professional Identity ■ Educational Goals ■ Ideal coach and Mentor ■ Learning Goals and Plan ■ Industry Leadership 	FINANCIAL AND BUSINESS <ul style="list-style-type: none"> ■ Getting in wealth / out of debt plan ■ Multiple streams of income ■ Saving and Investments Plan ■ Retirement Plan ■ Giving Goals and Plan
RENEWAL AND SPIRITUALITY <ul style="list-style-type: none"> ■ Spiritual Identity ■ Relaxation and Vacation Plan ■ Meditation and Quiet-time Routine ■ Spiritual Mentor / Coach ■ Spiritual Community/ Tribe ■ Personal Values and Authenticity 	POWER NETWORK <ul style="list-style-type: none"> ■ Inner circle ■ Professional and Business Mentors ■ Life Coaches ■ Alliances and Partnership ■ Support systems ■ Master-mind group
COMMUNITY AND INTERNATIONAL IMPACT <ul style="list-style-type: none"> ■ Civic leadership ■ Personal and family foundation ■ Philanthropy ■ Mentorship and Adoption ■ Local and International Volunteer Service 	HEALTH AND WELLNESS <ul style="list-style-type: none"> ■ Exercise Program ■ Nutritional Plan ■ Sleeping Plan ■ Mental Health ■ Detox Plan