

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 because it provides 100 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.

<p>Possessions: tangible and intangible</p> <ol style="list-style-type: none"> 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 	<p>Reserves: how much extra you have</p> <ol style="list-style-type: none"> 11. Time 12. Money 13. Love 14. Opportunities 15. Marketability 16. Space 17. Ideas 18. Network/relationships 19. Bandwidth/capacity 20. Energy 	<p>Relationships: who you know, who knows you, who you spend time with</p> <ol style="list-style-type: none"> 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
<p>Character: what you're made of</p> <ol style="list-style-type: none"> 31. Honesty 32. Honor 33. Responsibility 34. Respectfulness 35. Accountability 36. Generosity 37. Maturity 38. Initiative 39. Caring 40. Strength 	<p>Experiences: how you have been affected</p> <ol style="list-style-type: none"> 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 	<p>Life: what's going on around you</p> <ol style="list-style-type: none"> 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

<p>Personal Foundation: what you have developed to support you in life</p> <ul style="list-style-type: none"> 61. Values 62. Assumptions 63. Boundaries 64. Wants 65. Self-esteem 66. Spirit 67. Safety 68. Roles 69. Balance 70. Self-care 	<p>Life Skills: what you are good at</p> <ul style="list-style-type: none"> 71. Creativity 72. Communication 73. Thinking/analysis 74. Multitasking 75. Understanding 76. Prioritizing 77. Self-management 78. Evolving 79. Relating 80. Loving 	<p>Thoughts: what's upstairs</p> <ul style="list-style-type: none"> 81. Inklings 82. Intuition 83. Facts 84. Opinions 85. Knowledge 86. Evidence 87. Beliefs 88. Expectations 89. Reactions 90. Ideas
<p>Feelings: what you are feeling</p> <ul style="list-style-type: none"> 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 		