

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.

Possessions: tangible and intangible

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

Relationships: who you know, who knows you, who you spend time with

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

Character: what you're made of

31. Honesty
32. Honor
33. Responsibility
34. Respectfulness
35. Accountability
36. Generosity
37. Maturity
38. Initiative
39. Caring
40. Strength

Experiences: how you have been affected

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

Life: what's going on around you?

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

Personal Foundation: what you have developed to support you in life

61. Values
62. Assumptions
63. Boundaries
64. Wants
65. Self-esteem
66. Spirit
67. Safety
68. Roles
69. Balance
70. Self-care

Life Skills: what you are good at

71. Creativity
72. Communication
73. Thinking/analysis
74. Multitasking
75. Understanding
76. Prioritizing
77. Self-management
78. Evolving

- 79. Relating
- 80. Loving

Thoughts: what's upstairs

- 81. Inklings
- 82. Intuition
- 83. Facts
- 84. Opinions
- 85. Knowledge
- 86. Evidence
- 87. Beliefs
- 88. Expectations
- 89. Reactions
- 90. Ideas

Feelings: what you are feeling

- 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