

# **Six Phases of a Project**

- 1. Enthusiasm***
- 2. Disillusionment***
- 3. Panic***
- 4. Search for the Guilty***
- 5. Punishment of the Innocent***
- 6. Praise and Honors for the Non-participants***

Courtesy of:

Mack Arrington, Business and Personal Coach  
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# Survey: What do you Really REALLY Want Out of Life?

Things to Consider for Your Health, Wealth and Future.

Here are some areas where coaching has been helpful to other people. Circle the **Yes** if this might apply to you.

1. I want to get clear about my goals and what I want out of life. Yes
2. I wish I had a plan or knew the steps I have take to reach my goals. Yes
3. I have all the skills and abilities necessary to reach my goals and am on track. Yes
4. I want to make or have a lot more money. Yes
5. I want to have enough time to do everything without having to rush. Yes
6. I want more time with family, friends and people dear to me. Yes
7. I need to stop “putting up with” things I don’t like. Yes
8. I want to be treated better. Yes
9. I want to work on my health, exercise and the way I look. Yes
10. I want or need to get out of debt. Yes
11. I want or need to make changes in my life. Yes
12. I want or need to improve or change my job, work or career path. Yes
13. I want to have better relationships with family, friends and people at work. Yes
14. I want or need to communicate better. Yes
15. I want to have more fun and/or less stress. Yes
16. I want or need to be more focused on what I need to do. Yes

Total number of areas where coaching could be helpful to you too: \_\_\_\_\_

For any item you marked as **Yes**, a Personal Coach could be very effective towards getting what you want to make your life really count and your dreams come true. For a **complementary** coaching session to see if coaching is for you, contact Mack at the number or email below.

## Answer These 5 Defining Questions

Your Coach Can Help Clarify and Refine if Needed

1) What do you Really, Really, Really, Really want?

The 4 Reallys stand for: What you desire, What you are willing to ask for, What you truly intend to create in your life and What you are passionate about.

2) Why do you want it?

3) What is holding you back (or has held you back) from getting there?

4) What will your life be like once you get there?

5) What personal qualities would someone need to possess to effortlessly create the outcomes you desire?  
To identify your growth opportunities, rate yourself from 1-10 on these qualities.

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