

# 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><b>Possessions:</b> tangible and intangible</p> <ol style="list-style-type: none"> <li>1. Home/property</li> <li>2. Car/vehicles</li> <li>3. Computer/tools</li> <li>4. Clothing</li> <li>5. Accessories/jewelry</li> <li>6. Money/investments</li> <li>7. Knowledge/wisdom</li> <li>8. Books/music/art</li> <li>9. Memories</li> <li>10. Reputation</li> </ol>	<p><b>Reserves:</b> how much extra you have</p> <ol style="list-style-type: none"> <li>11. Time</li> <li>12. Money</li> <li>13. Love</li> <li>14. Opportunities</li> <li>15. Marketability</li> <li>16. Space</li> <li>17. Ideas</li> <li>18. Network/relationships</li> <li>19. Bandwidth/capacity</li> <li>20. Energy</li> </ol>	<p><b>Relationships:</b> who you know, who knows you, who you spend time with</p> <ol style="list-style-type: none"> <li>21. Children</li> <li>22. Spouse</li> <li>23. Parents/family</li> <li>24. Friends</li> <li>25. Acquaintances/neighbors</li> <li>26. Co-workers/colleagues</li> <li>27. Vendors/service</li> <li>28. Mentors/teachers</li> <li>29. Clients/customers</li> <li>30. Yourself</li> </ol>
<p><b>Character:</b> what you're made of</p> <ol style="list-style-type: none"> <li>31. Honesty</li> <li>32. Honor</li> <li>33. Responsibility</li> <li>34. Respectfulness</li> <li>35. Accountability</li> <li>36. Generosity</li> <li>37. Maturity</li> <li>38. Initiative</li> <li>39. Caring</li> <li>40. Strength</li> </ol>	<p><b>Experiences:</b> how you have been affected</p> <ol style="list-style-type: none"> <li>41. Childhood experiences</li> <li>42. Love experiences</li> <li>43. Romance experiences</li> <li>44. Work experiences</li> <li>45. Vacation experiences</li> <li>46. Cultural experiences</li> <li>47. Success/failure experiences</li> <li>48. Images (TV/movies)</li> <li>49. Schooling experiences</li> <li>50. Threatening experiences</li> </ol>	<p><b>Life:</b> what's going on around you</p> <ol style="list-style-type: none"> <li>51. Tolerations/requirements</li> <li>52. Commitments</li> <li>53. Goals</li> <li>54. Problems/struggles</li> <li>55. Work environment</li> <li>56. Home environment</li> <li>57. Stress</li> <li>58. Desires/needs</li> <li>59. Pace</li> <li>60. Stimulation</li> </ol>

<p><b>Personal Foundation:</b> what you have developed to support you in life</p> <ul style="list-style-type: none"> <li>61. Values</li> <li>62. Assumptions</li> <li>63. Boundaries</li> <li>64. Wants</li> <li>65. Self-esteem</li> <li>66. Spirit</li> <li>67. Safety</li> <li>68. Roles</li> <li>69. Balance</li> <li>70. Self-care</li> </ul>	<p><b>Life Skills:</b> what you are good at</p> <ul style="list-style-type: none"> <li>71. Creativity</li> <li>72. Communication</li> <li>73. Thinking/analysis</li> <li>74. Multitasking</li> <li>75. Understanding</li> <li>76. Prioritizing</li> <li>77. Self-management</li> <li>78. Evolving</li> <li>79. Relating</li> <li>80. Loving</li> </ul>	<p><b>Thoughts:</b> what's upstairs</p> <ul style="list-style-type: none"> <li>81. Inklings</li> <li>82. Intuition</li> <li>83. Facts</li> <li>84. Opinions</li> <li>85. Knowledge</li> <li>86. Evidence</li> <li>87. Beliefs</li> <li>88. Expectations</li> <li>89. Reactions</li> <li>90. Ideas</li> </ul>
<p><b>Feelings:</b> what you are feeling</p> <ul style="list-style-type: none"> <li>91. Fear/dread</li> <li>92. Acceptance/understanding</li> <li>93. Expectation/obligation</li> <li>94. Excitement/thrill</li> <li>95. Happiness/contentment</li> <li>96. Sadness/depression</li> <li>97. Anger/rage</li> <li>98. Freedom/relief</li> <li>99. Joy/bliss</li> <li>100. Powerful/able</li> </ul>		