

Life Coaching
Being Unstoppable
Pete Kirchmer CPOC
Pete@Life-FitnessCoaching.com

1. What stops you?
2. Who do you give your power away to?
3. What are 3 things that trigger your “Saboteur”?
 -
 -
 -
4. What is your default reaction to internal conflict?
5. What area of life (from the wheel of life) do you feel stuck?

6. What is your perspective on that stuck area of life? What is the story you tell yourself?
7. What does it feel like to “be stuck” in your body? What is the impact that “being stuck” has on your life?
8. Brainstorm a few other perspectives that could also be true.
9. What is the perspective you choose?
10. What is it to be un-stoppable?

4 Step process to managing your Saboteur:

1. Simply notice and identify “The Saboteur” for what it is.
2. Play with your options in the situation.
3. Consciously choose what it is you really want at that time.
4. Be in Process

7 Step process to getting “un-stuck”

1. Identify the “stuck” area of life
2. Articulate the perspective you have on that area
3. Brainstorm alternate perspectives that could also be true
4. “Try on” each new perspective
5. Choose the perspective that feels the most authentic and powerful to you.
6. Plan action from this new perspective
7. Commit to this new perspective and plan of action

Tips for detecting “The Saboteur”:

- Tension in your body
- Feeling defensive or manipulative
- “Should” and “supposed to”.
- “I can’t”, “I need”, and “I don’t deserve”.
- “Too much _____ or “not enough _____”.

Out of Balance/ Stuck:

- Being driven by circumstances rather than choice.
- “That’s just the way it is”, “That’s just the facts of life”, “That’s reality”.
- Assigning the power of choice to someone else who controls your outcome.
- “I can’t”, “I need”, “I don’t deserve”.
- Feeling of helplessness, stuck, out of control, paralyzed, overwhelmed, or victimized.

Perspective:

- The lens that you view life through.
- Shaped by belief systems, attitudes and expectations of outcome.
- Interpretation of experience.
- The story you tell yourself about an event



Pete Kirchmer CPCC is a certified professional Life Coach who works with groups and individuals ranging from corporate executives, athletes, and artists to women managing their homes. Through the Life Coaching process Pete helps his clients to re-connect with their passions, overcome obstacles and create healthier, balanced, more fulfilling lives. Pete works full time at Rancho La Puerta teaching Pilates, meditation and Life Coaching. Contact Pete at: **kirchfit@hotmail.com or (858) 775-5774**

WWW.LIFE-FITNESSCOACHING.COM