

# Life Coaching: Creating Your Fittest Self

Pete Kirchmer CPCC

[www.Life-FitnessCoaching.com](http://www.Life-FitnessCoaching.com)

1. How do you define fitness for yourself in your life?
  
  
  
  
  
  
  
  
  
  
2. What 2 areas of life have the greatest impact on your fitness? What is the cost/impact of these areas on your fitness?
  
  
  
  
  
  
  
  
  
  
3. What 2 areas of life are most greatly impacted by your fitness? What is the cost/impact of your fitness on your life?
  
  
  
  
  
  
  
  
  
  
4. What does a “10” in the area of fitness (from the Wheel of Life exercise) look and feel like for you?
  
  
  
  
  
  
  
  
  
  
5. How would “fitness fulfillment” impact the rest of your life?
  
  
  
  
  
  
  
  
  
  
6. Who is your “Fittest Self”? What values, talents and character strengths will you have to honor to create your “Fittest Self”?

7. What are the 3 most powerful actions you could take to create the biggest impact on achieving your “Fittest Self Vision”?

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8. What are 2 new “external practices” you will do to reinforce your “Fittest Self”?

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9. What are 2 new “internal practices” that will help you to become your “Fittest Self”?

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10. What does your “Fittest Self” need to say “NO” to?

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11. Who will hold your “Fittest Self” accountable? How do you want to be held accountable?

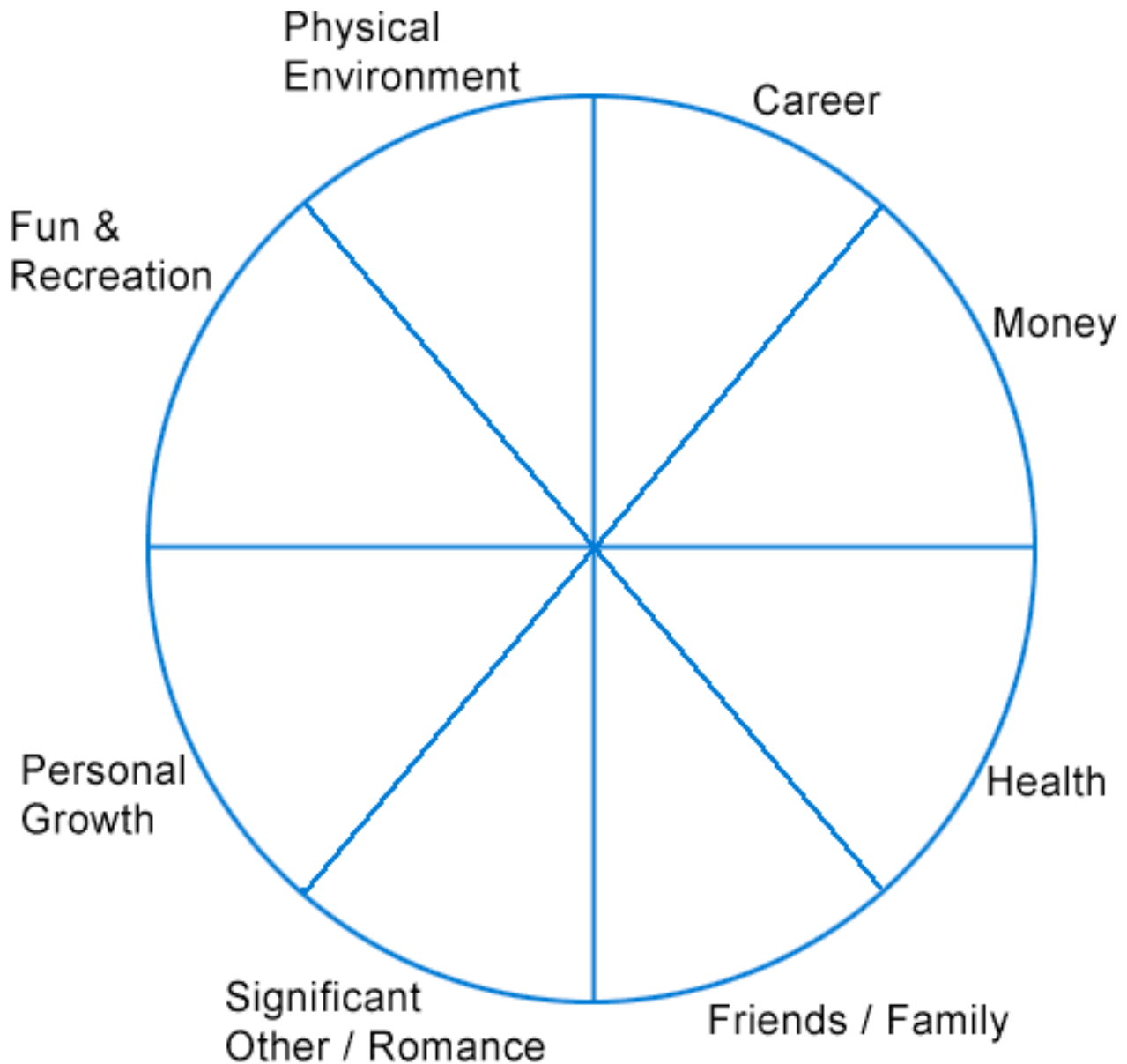
12. What are 3 structures that you will implement to remind you of your “Fittest Self” and ensure that you take your actions and stay consistent with your practice?

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# Where Are You Now?

## Wheel of Life

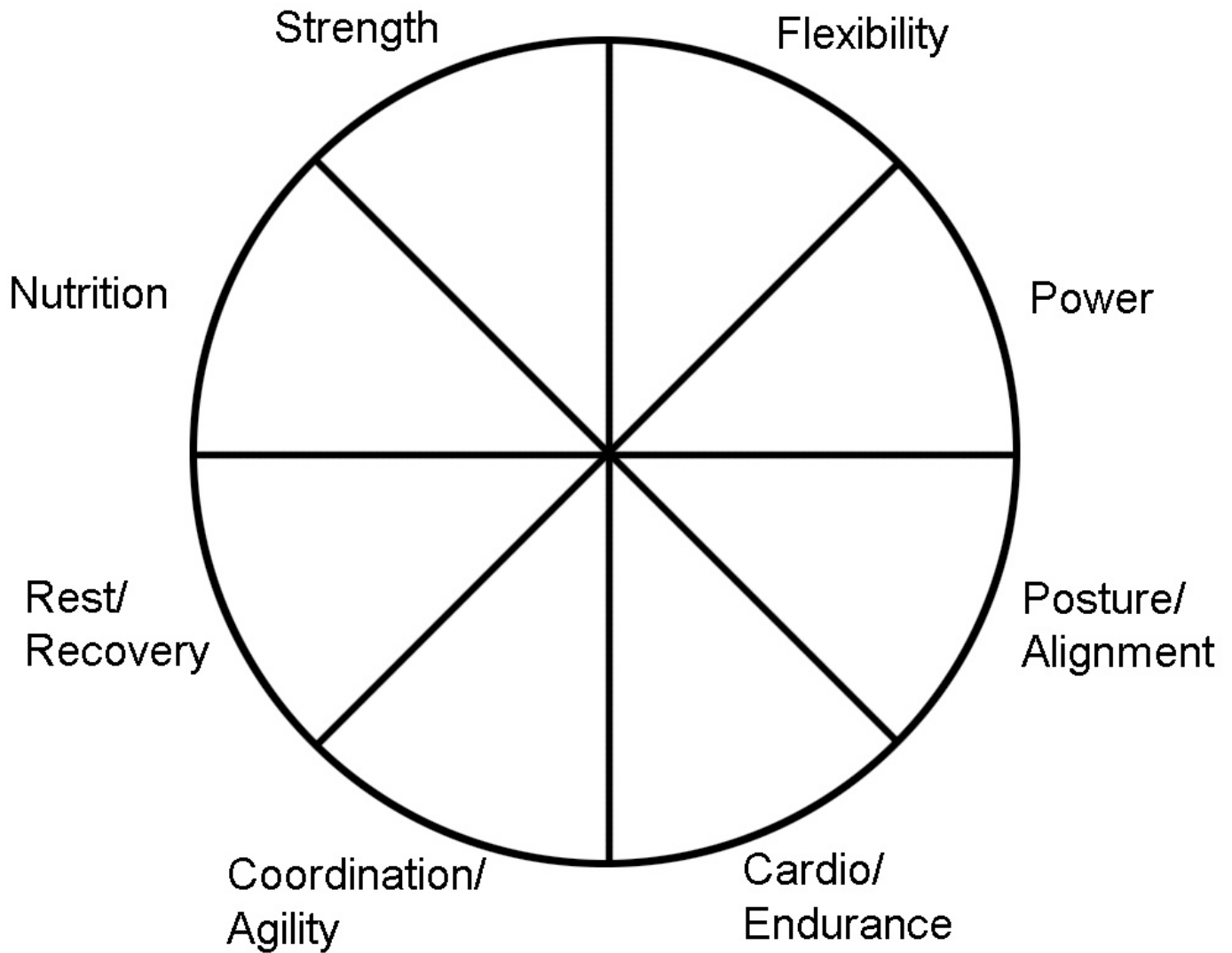
The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel a 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel?



## Fitness Wheel

Evaluate how satisfied you are on a scale from 1-10 in each of these 8 areas of fitness. The outside perimeter of the wheel represents a 10, meaning completely satisfied. The inside of the circle is a 0, you're just not feeling it. Draw a curved line in each section to create a new outer edge.

Now remember we're looking at subjective fitness so this is not an evaluation of how good your cardio is compared to some standard, or compared to your neighbor, it's simply how you feel about your current level of cardiovascular fitness. If you can't run a mile and don't care to run a mile, evaluate accordingly. Let go of any "should's or "supposed to's".



**Wheel of Life:**

- YOU ARE HERE.
- Change in one area of your life influences the entire wheel.
- Look out for blind spots.

**Future Self Visualization:**

- Inspiring image of yourself 5,10,15 years in the future.
- Projecting into the future breaks the constraints of time and circumstance.
- Use your Future Self image as a decision making tool.

**Forwarding Action:**

- “Being” – “Having”
- Action/Learning Cycle
- Celebrate Failure
- Actions that don’t “feel good”
- Finding your edge
- OOPS

**Daily Habits:**

- Actions that are repeated consistently with discipline.
- Internal & External Practice

**Saving “No”:**

- A valuable skill that honors your deepest values and creates space for change in your life.

**Accountability:**

- Each community has a “center of gravity”
- If your goals and dreams remain a secret, they are not as likely to happen.

**Structures & Anchors:**

- Memory joggers
- Keep you grounded and remind you of who you’re becoming.

**Challenge:**

- Share your plan with 5 other people at the Ranch this week.



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: **[pete@life-fitnesscoaching.com](mailto:pete@life-fitnesscoaching.com) or (858) 775-5774**

**WWW.LIFE-FITNESSCOACHING.COM**