

THE RECYCLED PIRATE

Life Awareness & Innovations

Self Coaching Introduction

Introduction:

The Self Coaching by [The Recycled Pirate | Life Awareness & Innovations](#) is to help you find yourself. Discover your hidden talents, strengths and learn how to develop them yourself.

With simple techniques we'll go through the steps that will help you learn to coach yourself and become a better version of you.

There are no rules in this trajectory other than to keep breathing, be totally honest to yourself and trust the process. You'll have one on one sessions with your coach where you can discuss your concerns and get the necessary guidance to keep your progress strong.



We all need some help along the yellow brick road. Here are some tips to help you keep track of your progress and improve your skills:

- Get a journal and write your ideas and taken assignments down. When you read them back in six months you'll have a better vision to see where you came from and where you are on your path.
- Maintain a digital notebook like Google Docs so your notes are easy accessible from your phone and laptop. You can also share your notes with your coach or friends and discuss your points of attention.
- Talk to yourself about what you've done. Right or wrong. Be honest to yourself about yourself. Lying to yourself is the most poisonous when you try to grow. A mistake is only a failure if you don't learn from it.
- Look back on your progress. Cherish your growth.



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Self Coaching Assessment

1. Who are you?:
2. What are you?:
3. Why are you doing this?:
4. For who are you doing this?:
5. What would be your dream goal/achievement?
6. Are you or do you want to be a business owner or an employee?
7. What is work to you?
8. How many days a week do you want to work?
9. How many hours a week do you want to work?
10. How much do you need to earn monthly?:
11. Why do you need to earn that?:
12. How much do you want to earn monthly?
13. Why do you want to earn that?
14. What is the most basic need that you need right now to progress in your trajectory?
15. What are you doing now to accomplish this? What could help and improve your current situation?

No answer is also an answer.

It means that you don't know it yet and that the question should be on your priority list.

We'll get to that. Keep breathing

Help yourself. Be your own creator.

For more information: TheRecycledPirate@gmail.com

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Life balance:

Fill in the numbers from 1 to 5. 1 being the most important and 5 the less important personal development for you.

Professional ____

Personal ____

Family ____

Spirituality ____

Sexuality ____

bal·ance
/'baləns/ 

noun

1. an even distribution of weight enabling someone or something to remain upright and steady.
"slipping in the mud but **keeping** their **balance**"
synonyms: stability, equilibrium, steadiness, footing
"I tripped and lost my balance"

Are WHO you are and WHAT you are different?

Are who you do it for and what you do it for aligned?

How do you get to and balance your basic needs?

Alignment:

Where are you now and where do you want to be? Grade your alignment with your future self. Rate your alignment between 0 and 5. 5 being the highest level and 0 the lowest.

Body ____ Mind ____ Spirit ____

Which one has your priority? Number them from 1 to 3, 1 being the most important and 3 the less important:

Bodyl ____ Mind ____ Spirit ____

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Priorities

If you had a day to have everything taken care off, what would be your “To Do” list? Is it business or personal? Is it a “To Want” list? Or do you really need to do these?

Make them both and see where the “To Do” can help the “To Want” and vica versa.

To Do List:	To Want List:

If you want to create even more structure in your “**To Do’s**” make four lists:

- Bucket list** Everything you dream of and you want to do in your life
- Wish list** Everything fun that you would want to do but not necessary
- Short list** Everything you need to do now to grow and progress
- To Do list** Everything that needs to be done eventually

What has more value for you? Live to the max / Balanced Life

Let’s work with the acquired knowledge to bring some structure in your future.



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