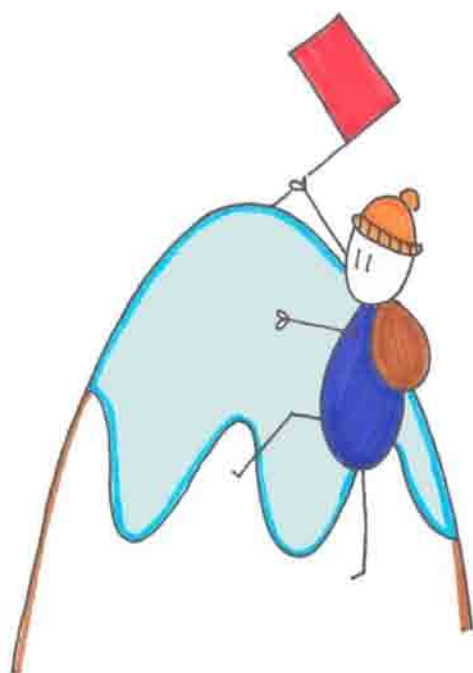





Auto coaching

HOW TO GET THE BEST FROM YOURSELF



Pedro Amador

Enjoy with www.AutoCoaching.info



Auto coaching

How to get the best from yourself

Pedro Amador López

AUTOCOACHING®

© 2008 Pedro Amador López

Intellectual property registration 006572/2005 in the Community of Madrid,
12 August 2005.

ISBN 978-1-4092-0541-8 - Published by Lulu.com

Autocoaching® is a registered trademark. European Mark 17637207–Spanish N0266493, methodology used (Register M-5105/200), database (Register M-5107/200), content (Register M-5105/200) and drawings (Deposit number D 0504703-001 a 010). Other World level registers (United States, Canada, Brazil, Argentina, Mexico, Chile, Venezuela,...).

To my father, for guiding me through
every important step I take.

Table of Contents

Table of Contents	9
Introduction.....	11
I. The Wheel of Life	15
II. Setting Goals.....	23
III. Necessary and Motivating Factors.....	29
IV. Rules of Necessary and Motivating Factors	35
V. Ranking and Grey Areas of Necessary and Motivating Factors.....	41
VI. Predispositions and Values	47
VII. Establishing Your Commitments.....	55
VIII. What I Gain and What I Lose	61
IX. Your Wheel of Life in Relation to Other Wheels of Life ..	69
X. Your Future Self	75
XI. Learning Process	81
XII. Summary	87
In Practice: Variety Coaching.....	105
Glossary	109
Acknowledgments.....	113



Introduction

We've always believed that it is at school where we learn all the necessary things in order to become adults. If school wasn't enough, it'd be our parents and surroundings that would provide us with the sufficient experience for being able to overcome daily obstacles. But, is this true? In my case, in spite of having received a particularly broad education, I could say that it wasn't at school where I learned the most important things in order to face life and achieve my goals.

When you were a student, did you have a subject called *Learn to love yourself and others*? It would have been great to devote just a few hours to learn such a fundamental thing. Yet, how many hours did you spend studying Math, Grammar, Physics, Chemistry, etc? But, at the end of the day, what's more important?

It's true that many people know how to love themselves, are aware of their own limitations and can live with many problems and not go crazy. Really? Many people? Let me tell you about my own experience: While I've had a very complete education (Engineering, a Master's degree and several extra courses), I was blindfolded; unable to see inside myself. I never spent time thinking about it because nobody had taught me to. Nowadays, though I don't

consider myself a scholar, I have the feeling that I know why I'm valuable and, above all, I love others consciously. How can you achieve this? How can you get the best from yourself? Is coaching such a magical thing? One of the principles of coaching is that **the answers to all your questions can be found inside yourself: you just need to find them, pick them up and make choices about your own life.**

I won't try to convince you throughout the chapters of this book by using phrases like: *You are what you want to get in life. You must love yourself because you're worth it. What a joy it is to live. You're full of opportunities! Problems can be overcome if you make an effort.* There are a huge number of books that can be consulted in our most depressing moments, as they can always help to cheer us up. However, what I'll try to do - chapter after chapter - is to increase your level of self-esteem by doing a number of practical exercises. Let's call these activities, in case you have bad memories of your school years. They'll help you get to know yourself better and feel confident about the things you do in your daily life, no matter how simple or magnificent they are. This book won't try to judge anybody's life, but rather improve the road we all travel down.

This is not a self-help book. It's better to view it as a self-knowledge book used to improve and get the best from yourself. I encourage you to read through each chapter in order, although you can also use it for consultation and go back to it whenever you need to.

I'm not going to reveal any new discoveries that will change the world (not that I wouldn't like to). If this is what you expect to find, then this isn't the book you're looking for. What I'm offering you is a methodology that will help you improve your self-esteem and, therefore, your self-

realization. The methodology is based on a collection of classical tools based on several areas of Psychology, Coaching and Engineering.

When I was in high school a teacher told us: *Examples are much better understood through stories that deal with money and sex.* How wise this statement is! The more we experience something, the better we learn it. If you allow me, I'll often choose to purposely provide you with these types of examples so that you can more easily remember them. Many come from my own experience; therefore I'm opening up my heart a bit so as to increase the level of mutual trust.

Let's dive into your subconscious. It'll be an interesting journey. Enjoy.



I. The Wheel of Life

We'll start by separating the different areas of your life and valuing your level of happiness on the **Wheel of Life**. You'll see how easily you can obtain **your picture** in a few minutes and how interesting it is to become aware of your expectations and frustrations on a simple drawing.

Take a blank sheet of paper and draw a perfect circle divided into eight different *triangles*, as shown in Figure 1. Next to each *triangle* (remember the board game *Trivial Pursuit*?) write down the names of the main areas of life that your happiness depends on: **health, love, family and friends, money, home, leisure time, personal growth and professional development**. It doesn't matter how you arrange them within the circle. Now score each part, from zero to ten, depending on your current

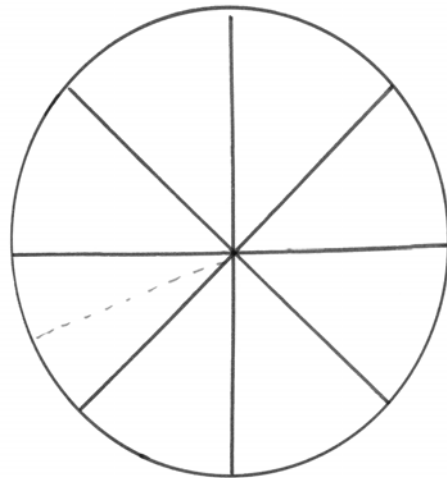


Figure 1

level of satisfaction. There isn't a prefixed scale because it's something personal.

I'll give some examples in order for you to understand what I mean by *triangles*:

- **Money.** Do you have the standard of living you desire? Are you satisfied with the amount of money you earn? Are you able to save as much money as you'd like? Suppose that in order to feel secure X has always wanted to have 5 million dollars in the bank and the mortgage paid off. The score for this *triangle* would be a perfect 10 if X had already achieved this goal. However, if X only has half a million in the bank and the entire mortgage to pay for - and is hard on himself or herself for thinking he or she should save more money and spend less - the score might be a disappointing 4. The resulting score shows his or her level of satisfaction. Try not to waste time thinking about how to increase the score. If you still have doubts, close your eyes and think: *How satisfied am I with the amount of money I earn and save?* Write down the score that shows your level of satisfaction next to the corresponding *triangle*.

- **Leisure.** Do you enjoy your leisure time? It's not about the quantity of leisure time that you have, but the way you use it; its quality. If the score is high it may mean that you really enjoy your free time, no matter what you do. On the contrary, a low score would mean that you get easily bored and that you don't know what to do in your free time, even to a point at which you'd rather stay at the office than think about what to do in your leisure time. Again, the score will depend on your perception.

- **Love.** How's your love life? Are you single and looking for a partner? In order to rate this triangle it's not important whether you've always had the same partner (monogamy), or you've had many partners with whom you never establish a serious commitment (successive polygamy). It's not about establishing winning or losing formulas, but rather knowing the score that best suits your current situation of either searching for or enjoying love. Obviously, the present moment is very important. If you've just got married you'll probably rate love higher. (Are you sure?). You may have got married because you thought it was the right thing to do after so many years. Are you really happy with your current love life? On the contrary, if you've recently separated your score will be lower, unless you're happy about being single again.

- **Home.** Are you satisfied with where you live? You still may be living with your parents in a comfortable home, but do you really enjoy your freedom? Do you like the house, the neighborhood, the city and the country where you live? You may have just moved and feel that you still don't fit in with the new place. Do you keep your house in order, or is it a mess - which you hate - but don't know how to tidy up?

- **Work or Professional development.** Do you wake up every morning happy to go to work? Do feel satisfied and motivated with your responsibilities at work? Do you get along with your boss? Did you lose your job and therefore unemployed? Let's now rate this area and write down your score.

- **Family and Friends.** Do you get along with your parents, your parents-in-law, and your friends? Do you speak to them often even though you don't see each other very

much? Do you often go out with your friends? Do you have few friends (those from childhood who are still your close friends) or do you have a large list of acquaintances? Do you invite your friends over to your home?

In this section, it may be necessary to draw a dividing line if you feel there's a difference between friends and family. Some people rate them together while others separate them. Don't hesitate to rate them separately if the difference is more than 0.5 points. We shouldn't forget that some people hardly ever see their families but couldn't live without their friends, and vice versa.

- **Health:** Are you happy with your physical and mental strength? You may be thinking about giving up smoking, taking up some exercise or eating healthier food. Have you recently suffered a serious or unusual illness? This often makes you realize that if you're not in good health, everything else isn't so important. You may be obsessed with exercise and intentionally rate it lower because you feel you're not fit enough. Everybody's unique. Write down your score.

- **Personal growth:** Do you feel satisfied for having done what you've always wanted to do? Apart from your job, you may have always wanted to learn a foreign language (even if it's unusual and rarely used). You may also be interested in growing bonsais or the cuisine of some distant culture or classical philosophy. These are just examples to make you think about areas of knowledge that you always wanted to study and the level of realization you've achieved.

You may not be lacking anything and feel happy with your present life (if that's the case, you should have put down this book long ago).

Great, now take just a few minutes to review the scores. Do you want to change any of them? No problem. What's important is that you feel good about the scores you've given each *triangle*.

Now that you have all the scores, I'll explain how to draw your Wheel of Life. Divide the circle into eight *triangles*. Next, divide each radius into ten small parts in order to show the scores. Finally, draw eight arcs and you should obtain a figure similar to the following one. A picture tells a thousand words! This is a very important step because the result is the picture of **your** current situation. Is it good? Is it bad? Is it scary?

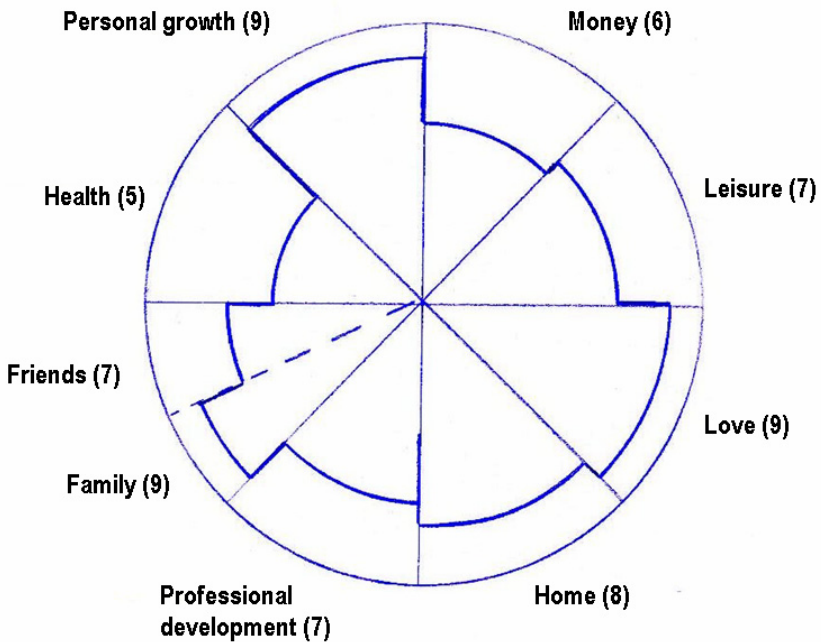


Figure 2

Have you ever had the chance to ride a bike along the Amsterdam canals? Suppose that you're riding along the canals and the wheel of your bike has the same shape as your Wheel of Life, the one you've just drawn. Would the bike roll along smoothly? Would it be bouncing up and down the entire time? I imagine it'd be a difficult ride for most of us.

Very important. **This activity will make you think about the general feeling you have regarding your level of satisfaction with your life.** Breathe deeply, close your eyes and try to keep Figure 2 in your mind. It's no more than a picture, but it's necessary that you bring it into your conscious mind as you're going to work on it in detail. I suggest you write down the date on which you've drawn your first figure and keep it inside a special place (this book, for instance).

Useful advice to take into account:

- No matter what the shape of your resulting Wheel is, you shouldn't worry too much. It's not worth saying that everything is either wrong and that you're unlucky, or that everything's perfect and that the problem is that people don't understand you. From now on, this level of awareness is nobody's business but yours. Try to stay optimistic; disregarding the good and bad things you carry inside. This will be the first condition in order to improve.
- If you've got a perfect Wheel where the scores are very similar to each another, don't worry. Are you sure that you're being sincere? Don't hesitate to review your Wheel a bit later (it's important to think about it), as you'll probably realize that things are not exactly like that, and you may want to change something. In any event,

there isn't a good or a bad Wheel, but simply your own Wheel.

- If your scores are all zeros... Close the book and go off to complain somewhere else. It's time for change and to realize that there are better and worse things in life. Extreme pessimism is forbidden even by such a tolerant book.

- If, on the contrary, all your scores are tens... Congratulations! Once you come to your senses and stop lying to yourself, you'll be ready to continue reading. Meanwhile, set the book aside and pick it up again when you feel that something, as small as it may be, is bothering, upsetting or making you angry.

- **To finish, let's do a practical exercise:**

Take a minute to evaluate your level of happiness and write it down on your Wheel. This will help you to know where you have to start working:

NAME:

DATE:

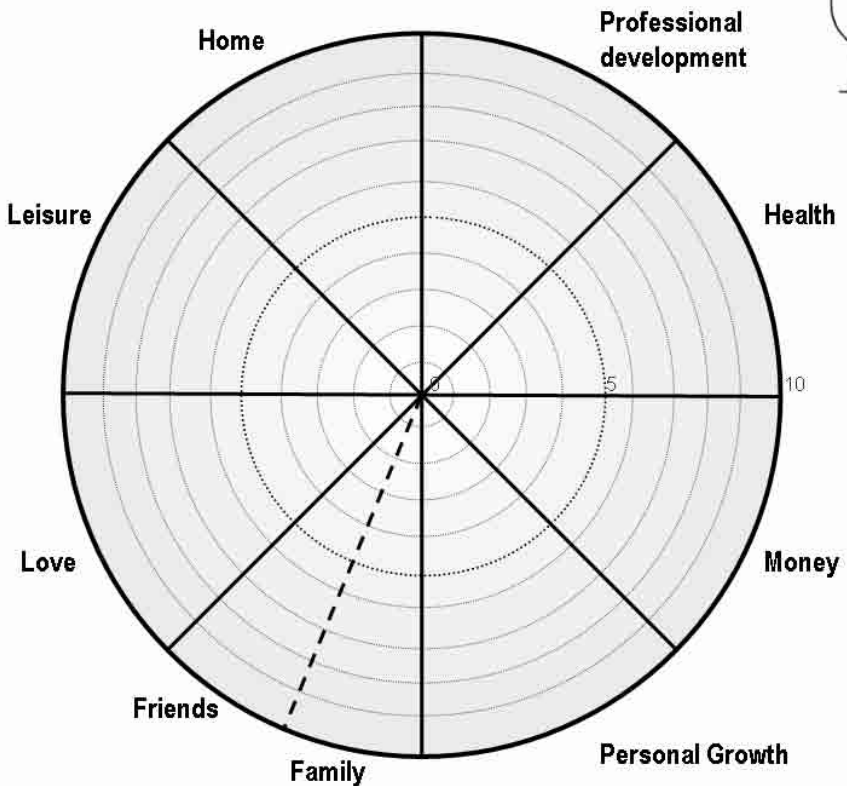
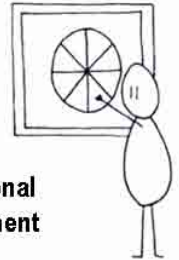


Figure 3



**" AUTOCOACHING IS
A JOURNEY INSIDE
YOURSELF "**

In the professional world, it takes seconds to win or lose. In the personal world, the question is much more complicated. To say that Pedro Amador is an Information Technology Engineer and has a Master's Degree in Business Administration from ESADE; or that he's worked for more than ten years for several multinational companies, would suffice as a business introduction letter. However, for a book aimed at personal and professional self-consciousness, it's more important to know that after suffering and nearly losing his life in a traffic accident, Pedro regained his will to live and enjoy life. He's trained in coaching, PNL, and leadership with CTI and AECOP and has spent the last five years working on the new Autocoaching method that helps you organize your

personal thoughts in order to improve and enjoy life more.

"Self-consciousness is the first step to happiness. This book -clear, educational and easy to read- is a enormous help for accomplishing this. Pedro has combined his knowledge and experience to create a piece of work which, apart from being read, should be applied."

Ana Mañas, Director, Radiotherapy Oncology Service at the University Hospital La Paz in Madrid and former President of the Spanish Radiotherapy Oncology Society, SEOR.

"Introspection leads to self-consciousness; in this case Autocoaching is a tool that leads you to the development process. A magnificent book for reaching magnificent objectives."

Manuel Seijo, Managing Partner of Leister Consultores and President of the Spanish Association for Coaching and Process Consulting (AECOP).

"There is a Hindu proverb that says 'the longest journey begins with one step,' and this is also true of self-knowledge. Through Autocoaching we start a journey where the aim is always personal enrichment. It depends on you to take the first step."

Esther Pedraza, TV and radio journalist; coordinator and host of "Protagonistas Teresa Campos," on Punto Radio and for the popular program "Caliente y Frio."

ISBN 978-1-4092-0541-8



9 781409 205418