Celebrate Design and Create YOUR Life

Magee Women’s Hospital
Pittsburgh, Pennsylvania
19 July 2008
CELEBRATE!!
What Do We Celebrate?

Birthdays

Holidays

© Lynn Meinke, Coaching Services International
And...

Graduations

Achievements
What do YOU want to Celebrate?

- Your surgery
- Your weight loss
- Surviving your history
- Deciding to do something for you
- Taking charge of your future
- Possibilities
- Your Life!
Celebrating is Important

- Allows us to integrate our WOW moments
- Makes our choices, our accomplishments or an event meaningful
- Allows us to honor ourselves
- Let’s us anchor in the learning that led to our choice or accomplishment
- It’s FUN! It brings laughter and light-heartedness.
So Let’s Celebrate!!!

- What are some meaningful events that you like to celebrate?
- How do you like to celebrate?
- What do you have to celebrate right now?
DESIGN
What does DESIGN mean?

- Think
- Vision
- Plan
- Maps
- Architecture
The **HUGE** Question

**WHAT DO YOU WANT?**

- WHAT do you want?
- What DO you want?
- What do YOU want?
- What do you WANT?
How most people respond
Let’s Move to This

• What an interesting question.
• I’ve never been asked that before.
• What Do I want?
• Where do I begin to answer that question?
Two Distinctions

- **Wellness**: the quality of your Health

- **Well-being**: the quality of your Life

© Lynn Meinke, Coaching Services International
Eight Fundamental Areas of Well-Being

- Fitness
- Food
- Finances
- Fun
- Friends
- Family
- Feel Good Factor
- Fulfillment
Circle of Well-Being
Eight Fundamentals

Fulfillment  Fitness
Feel Good  Food
Family  Finances
Friends  Fun

© Lynn Meinke and Pam Richardson
Fitness

- What does fitness mean to you?
- Your body is a marvelous design meant for comfort, ease and flexibility.
- What do you like to do that keeps your body in motion?
Food

• Food is the fuel for your body.
• What food really nourishes you?
• What is the quality of the food you eat?
• What choices do you make?
Finances

- What messages did you receive about money growing up?
- How do those old messages influence you now?
- What choices do you want to make about how you get and spend money?
Fun

- How do you define fun?
- Is there enough fun in your life?
- What brings a smile to your face?
- Fun doesn’t have to cost anything.
- Fun can mean just enjoying what is.
Friends

- What is a friend?
- Friendship can be a source of support, camaraderie and honesty.
- What do you expect to do for a friend?
- What do you want from a friend?
Family

- What is a family?
- We have a “family of origin.”
- We can create a “family of choice.”
- How do you define “family?”
- What are the attributes of a great family?

© Lynn Meinke, Coaching Services International
Feel Good Factor

- Refers to external physical environment.

- What do you need to have so you feel really good about your life?

- What, if it’s missing, lessens the quality of your life?
Fulfillment

What gives you a full sense of satisfaction?

- Career
- Personal growth
- Spiritual development
- Living your values
CREATE
What is it to Create?

- You’ve entered the World of Choice
- It’s about “Doing”
- You’ve done the designing...but it will remain a design until you DO something.
- What could you do about what you want?
- You have a minimum of five things you could do, even if you only see one or two.
What is the Designed and Created Life Like?

- It’s meaningful
- It’s empowering
- It’s colorful
- It’s purposeful
- It’s dynamic
- It’s an expression of your values
- It’s joyous
- It’s fulfilling
- It’s renewing
- It’s fun
- It feels like home
- It’s my dream come true
What is needed to create a Life of Well-Being?

• COURAGE

• There is a cost to consciously creating a life of well-being

• There's an even greater cost in not creating your life of well-being

• Grab hold of your COURAGE...you’ve already proven that you have courage...It will sustain you!
Moving into Action

• What could you do to create this marvelous life of well-being?
• You’ve come up with at least 5 possible things you could do
• What are you willing to do to create the life of your dreams?
• What are you not willing to do?
• What are you going to do? Be specific.
SMART

• Get SMART

• Create outcomes that are:
  • Specific
  • Measurable
  • Appealing
  • Related to your values
  • Time conscious
The Funnel

- **Top of the Funnel:** What do you want?
- **Middle of the Funnel:** What *could* you do about it?...at least 5 ways
- **End of the Funnel:** What *are* you going to do about it starting now?...based on being SMART
SUMMARY

• We’ve celebrated the choice you made to transform your appearance and health.

• We’ve given you some tools to design and transform the rest of your life by examining the Eight Fundamentals.

• We’ve discussed how you can move into action to create a Life of Well-Being. By being SMART you can move to achieving the life you’ve always dreamt of having!
Thank You

Thank You for your attentiveness!

It has been my distinct pleasure to be here with you...Please visit me at my display.

My desire for each of you is that you design and create the life you’ve always wanted...the life you deserve.
Contact Information

Lynn Meinke
Professional Certified Coach

Phone: 610-876-6487
Email: CoachingServicesIntl@comcast.net
HIP, HIP, HURRAH! YOU ROCK!!