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I. Huddle Up -- The Power of Choice



I have a special fondness for the sacred time between the "Eves." The child in me never grows weary of the wonderment of Christmas Eve. The adult in me savors six days of memories and moments with family. The entrepreneur in me anticipates the endless possibility that New Year's Eve represents. The week between the holidays is a time of enjoyment, reflection, and transition.

It is a period I do not want you to rush past or to waste, for there are many choices for you to make. My Christmas wish for you is that you will choose, this day, how you will live the rest of your life, and then set your course to do so. It is from the choices you make that your character is defined, and it is from your character that you give yourself to the world.

A LIST TO LIVE BY

Earlier this month my dear grandmother, a great woman of character and influence, passed away at the age of 94. Her family, old friends, civic leaders and politicians alike all shared about the impact this incredible woman had on each of us.

As we went through her memoirs, I found a scrapbook from the 1930s at the bottom of her old trunk. Stuck in the back was a small 3 x 4 inch sized paper, folded in half. On the top, in my grandmother's familiar handwriting, was written the heading, "These I will Keep." Under that were what looked like notes from a speech that she attended on the eve of 1937. On the second half of the paper, apparently as a result of the new knowledge, was her follow-up action plan.

I want to share this sacred moment with you because it is a real life story about a young person who sat down-exactly 70 years ago and probably during the week between holidays just like this year's-and made a choice on how she was going to live her life. Then she went about living it.

Here is the wording of her note.

"These I will Keep"

Take stock of what we have and decide what we shall keep.

If just one New Year Wish - we could have courage to make our own choices, to carry across the threshold of 1937 the riches of faith and love and life. For out of what we are comes our choices and they hold our hope for the future.

(Page 2 -- her response)

Things I want to keep:

1. *Habit of prayer*
2. *Keep Faith*
3. *Unselfishness*
4. *Good Conversation*
5. *Love of Learning*
6. *Independent Thinking (still small voice)*
7. *Good Manners - golden rule*
8. *Ability to Praise*
9. *Love*

None of us know what the year ahead may bring, but we can decide what we are going to keep to take with us as we go thru the opening door and if we carry the riches of Faith and Love and Life, we need have no FEAR. Having taken such wealth in our hands and hearts we can be sure it will be a good and happy new year.

-Raynelle Rankin Slaten, age 24

I gasped the first time I read the note. Not four hours before I had attended her funeral and these characteristics were the exact things spoken about her. Every last one of them. What she intended to do at age 24 - the things she wanted to keep - she was celebrated for nearly 70 years later for achieving.

CHOOSING HOW TO BE REMEMBERED

My grandmother made the choice of how we would remember her. You see, you can't tell anyone how to think about you, how to remember you, or even how to follow you. All you can do is choose how you are going to live-and others will respond to the choices you make every day.

What is your list? If your granddaughter or great-grandson were reading through your notes, journal, or memoirs, what would they find your choices were in 2007? Would they find a 70-year-old list of choices you made which then defined you at your deathbed?

My grandma loved Christmas and made sure the celebration was very special for each of us. Now in her death, she has made this reflecting week one I will never forget. My proverbial Christmas wish for you is for courage-courage to choose today how you will live, how you will be remembered, and how you will be defined in 2007.

BEGIN IT NOW!

Shandel

II. Pep Talk -- Monthly Quotes

"Choices are the hinges of destiny." - Edwin Markham

"The purpose of life is not to be happy. The purpose of life is to matter, to be productive, to have it make some difference that you lived at all." - Arthur H. Prince

"Walking your talk is a great way to motivate yourself. No one likes to live a lie. Be honest with yourself, and you will find the motivation to do what you advise others to do." - Vince Poscente

"Most people are too busy living life to ever put life in their living..." - Doug Firebaugh

"Courage is rightly esteemed the first of human qualities because it is the quality which guarantees all others" - Winston Churchill

III. MVP Award -- Successful People Living with Intention: Raynelle Slaten



This Month's MVP is a tribute to my grandmother who lived 94 years of intentional living. May you be inspired!

Raynelle Slaten was born Raynelle Rankin on July 20, 1912 in Carbon, Texas. She graduated from high school in 1929 and attended Long Beach College, where she majored in business administration. During the Depression, she worked for Long Beach Mutual Building and Loan, and the California State Building and Loan Commissioner.

In 1945 she and her family moved from Los Angeles to Northern California. There she was an entrepreneur along with her husband Bill, owning a variety store, gas station and real estate office. She also worked for the fairgrounds and the Plumas County government. Moving ahead in her career, she clerked the county board of supervisors. As she served them she led them, influencing from her "secretary" position the direction and positioning of Plumas County.

Eventually she was voted into office and served as the country clerk and recorder, retiring in 1979 as the matriarch not only of a town but of the entire county. In her lifetime, she spoke before congressmen and served on countless boards, including the founding boards for the hospital and the bank. She never said a negative thing about anyone, smiled all day long, and was the poster child for positive thinking. She was a woman of integrity who led first with her example and then her inspiring words.

DESPITE THE OBSTACLES

Although she conducted her life as a powerful leader, Raynelle grew up knowing tragedy. She experienced more loss and grief and pain before age 17 than most know in a lifetime: Her mother died when Raynelle was age 5. Her older sister died two years after that. Then her father died when Raynelle was 17-just months after she left home to attend college. Orphaned, she left Texas to live with her only surviving relative, her sister in California.

In addition, think about the obstacles she overcame as a woman. She held her job during the Depression, and she ran businesses and held leadership positions as a woman long before bras were burned in Berkeley. She married at a late age for 1938 (at age 26), and did not have her first child until she was 29. She mothered two children during World War II, enduring shortages and blackouts and bomb sirens on a weekly basis. Then her dear husband died when she was only 57, and she lived 37 years as a widow.

AN ATTITUDE OF JOY

How did she accomplish such greatness when life dealt her such a poor deck of beginnings and hardship?

She lived an intentional life, that is how. She made a decision, set her course, and accomplished what she set out to do. She daily chose an attitude of joy and happiness despite the obstacles and was the most positive woman I have ever met.

We called her Goppy. She was an ideal grandmother and a great friend. But then again that was just her character - to be great. She passed away on what would have been her 68th wedding anniversary. What a great example for us all to follow.

IV. Game Schedule -- 2007 starts today!



It is time to prepare for...

2007 Intentional Living

What will you CHOOSE for 2007 and the rest of your life? Our workshops are designed to jumpstart that process for you. 90 days of defining "the who and the why" is a small investment for the return you gain in having clarity, focus, and purpose. What will you sacrifice? What will you prioritize? What will you commit to do? Our desire is for you to choose YOU and YOUR LIFE so you can leave a legacy for others tomorrow and live with choice and direction today!

"Most people are too busy living life to ever put life in their living..." - Doug Firebaugh

Life 101 Workshop - Prepare for the Grand Adventure you are ready to embark on!

Life 101 is a workshop designed to give you the opportunity to anchor yourself in your own sense of purpose and find ways to be fully engaged in executing your career path. Each part of the program identifies the foundations to make optimal choices and gain clarity in the next steps of your personal and professional development. The process will provide the tools for analyzing how you grow and change as well as techniques for prioritizing what you want from work and life. [Life 101 Flyer](#)

Life 301 Workshop - Define the steps to propel yourself forward to your next level.

If you've attained a measure of success, yet find yourself at a personal or professional plateau, Life 301 is for you. Discovering and working from your personal values you'll maximize your potential to succeed in all aspects of your life. So we ask you...How would you like a life that is more fulfilling than you ever imagined? In which you have laser-like focus for your goals, plans and dreams for the future? With more time, energy and determination to accomplish the important things in life? If you find that practically every minute of your life is filled, yet you lack definition and fulfillment, this workshop is for you. [Life 301 Flyer](#)

If not now...when?

New Classes begin January 15 - space is limited!

www.truelifecoaching.com

[Descriptions here](#)

V. On 3 - Ready...1,2,3 - BREAK

Thank you for taking the time to read this month's edition of The Coach's Time Out. I truly appreciate you forwarding this newsletter to those whom may find it beneficial. If you desire to subscribe, please visit the front page of our website or send an email to ss@truelifecoaching.com with the word SUBSCRIBE.

If you would be so kind to forward this to a friend - see below for an easy click to help you pass it on.

Life's a blast - go for the 2 EXTRA points!

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Be You. Be Real. Be the Best You can Be...Today!

