



## I. Huddle Up – New Year’s Goals—Are They the Right Ones?

## II. Pep Talk - Monthly Quotes

## III. MVP Award – Is it you? New Year Planning Tool?

## IV. Game Schedule - Current News and Upcoming Events

As a coach, I love this time of year when people are focused on what they want their new year to look like. The greatest joy I have is helping people move from “doing” goals to “being” goals. Most people do not have a problem making goals, but many of us have trouble achieving them. Sometimes we simply set too many goals for the amount of time we have to work on them, but more often it is because we skip the first important step of defining success and differentiating it from our significance. Only when we understand what we are seeking and who we are trying to please can we set goals that are in alignment with our core values and sure to leave our intended legacy.

If you are not certain of what it is you are looking for, you can be easily fooled by the counterfeit. I learned that lesson growing up when my dad took me to pan for gold. He gave me careful instructions, showed me how to use the pan, and warned me that gold was rare so I’d need to be patient. Well lady luck hit and no sooner had my dad walked around the corner, I struck gold! I carefully put the flakes in my spice jar and seeing more in the river; I went at it with gusto and kept panning the gold thinking I had hit the mother lode. That is until dad came to check on me and broke my heart when he said, “Sis, I’m sorry, but that’s fool’s gold.” WHAT?! We took it home and held it up to real gold and sure enough I had been fooled.

How are we fooled today? Our culture rewards “busy-ness” by admiring people who are (say it with me) “so busy.” If you are “busy” -- put in 16 hour work days or multi-task with the best of them -- then you must be important. It is easy to be fooled into believing that quantity of tasks can equal quality of life if we just give it enough time – that eventually all this hard work of “doing” will lead to “being” the best we can be. So we fill our lives with more activities, tasks, and urgent “to do” lists, exhausting ourselves and living a life that often feels empty.

Perhaps it’s time to identify the fool’s gold in your life. It can be painful to realize that you’ve been mining the wrong thing, chasing after something different from what you were hoping to achieve. But with some humility and guidance on how to identify what you are looking for and hoping to achieve in life, before all the goals are made and work started, you can leave a lasting legacy. Who wants to leave an inheritance of fool’s gold for future generations? You may have a storehouse full of it and it looks impressive and gorgeous from the outside...but isn’t it truly worthless? Let’s start the New Year out focusing on goals and achievements that are real, lasting and can stand the pressures of life. I’d love to help you out and share in your successes!

“Success is really as simple as accomplishing your goals, whatever they may be. Significance, on the other hand, is about setting your sights on accomplishing, the RIGHT goal – the things that make life really worth living.”

--Leesa Bellisi from her book “Kingdom Assignment.” quoting her friend Bobb Biehl

## II. Pep Talk - Monthly Quotes

*"In addition to the guilt of inactivity, there is an associated pride that comes from being busy." ~ Richard Swenson, M.D., Author The Overload Syndrome*

*"A person's greatest need is to be significant." ~ Patrick Morley, Author*

*"It is said that 'Wise people learn when they can, but fools learn when they must'. 'Every exit is an entry somewhere else.'" - Tom Stoppard*

*"You must BE the change that you wish to see in the World." - Ghandi*

*"The great problem confronting us today is that we have allowed the means by which we live to outdistance the ends for which we live. We have allowed our civilization to outrun our culture, and so we are in the danger now of ending up with guided missiles in the hands of misguided men." - Martin Luther King, Jr.*

## III. MVP Award - Is it you? New Year Planning Tool

There is something about seeing people become authentic and real by living intentionally. That is why I love to highlight cool people that are making choices to achieve greatness each month in this MVP section. This month it is about how you can be the Most Valuable Player in your life and the lives of others. Below are a few of the many questions I use with myself first and then with my clients to plan the year. I had a few special friends do it last year and the reports on what they accomplished is amazing. I want to hear your success stories so please share them with me.

Here's to YOU and a great year!

**2005 Planning for \_\_\_\_\_**

What are the three most significant goals that you wish to accomplish in 2005?

What are the top three things about your job/business that you most want to be different in year 2005?

What three improvements or changes do you most want to see in your personal life?

What actions are you prepared to take to reach your goals and objectives in 2005?

For what will you be most grateful for this time next year (think big)?

What personal relationship will you invest in and what action step will you take?

Ponder This: What do you want your life to look like one year from now?

[Want it in a pdf?](#)

## IV. Game Schedule - Current News and Upcoming Events

**Want to live a life of significance? Take a step with the BE YOU class.**

## Next Level Series:

*Sign up by Jan 4th and I'll send you the goal planning sheet I use with my personal clients.*

## **BE YOU CLASS!**

[Start 2005 off right - sign-up now for the Januray BE YOU series!](#)

Are you living a life of significance? Living your life according to your values and what is most important to you? Are you getting all you want out of life? Maybe you're not clear about what you truly want, what's holding you back, and how to find success. We are each made up of our own unique needs, values, and wants. It's time to discover them and build your life around them. The time and money you invest in this class will propel you farther and faster than you can image.

**Tuesday Dates: January 11 , 25 February 1, 15 March 1, 15**

TIME: 6:45 – 8:00 PM

WHERE: Oki Foundation - 10838 Main Street - Bellevue, WA

WHO: Anyone who is willing, able, and ready to change.

COST: \$345 for 6 sessions over the 3 months. Small group setting.

*Live out of the area or don't want to leave your house?*

**Wednesday conference call class 7-8 PM - Jan 12, 19, Feb 2, 16 Mar 2, 12**

For more info go to [www.truelifecoaching.com](http://www.truelifecoaching.com) and then click on classes.

Read the [complete class information here](#) and get started on the path to being the best YOU

**\*\* Extra bonus offer - Looking to juumpstart your health or take off a few pounds in '05? To fast track your success True Life C oaching partners with Pro-Health Solutions to offer you Get Lean, Get Healthy. Dr. Mark Adams and I share a very similiar philosophy on health and wellness and he will coach you in how to bring out the best physical you! [More information here on Get Lean, Get Healthy with Dr. Mark.](#) I'm doing it - join me!**

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