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I. Huddle Up -- Are You Pushing Your Limits?



With *White Christmas* playing on my white iPod, here I sit in the tension between guilt and gratefulness; care and limits. Yes, I'm talking about sending holiday greeting cards, but that's not all.

I actually am one of those people who love getting the fun letters, pictures, and updates in Christmas cards. In fact, don't just sign your name-tell me something about you! The guilt comes that I too want to connect with people, and yet I have reached a limit that I can choose to honor, or to cross. That's what leaves me conflicted. The desire is to communicate my care and heartfelt appreciation to the hundreds of truly amazing people in my life is strong. However, the way life works out this year doing so would mean pushing myself really hard and force a pretty big compromise of time with my family.

The truth is I am in conflict between two great things. I indeed could push my limits and come out feeling a sense of accomplishment for something great, or I can truly honor my family values and my personal limits, trusting the outcome of this choice. Being in such a place leaves me feeling a bit vulnerable-and feeling vulnerable reminds me of how I feel often between two desires and the law of limits.

Now, being a coach, I actually push people to challenge their self-imposed limits and to go for the stretch goal. Belief systems are the main thing that limit people in pursuing their personal greatness. In fact, living a life of purpose, vision, and legacy is about moving beyond your own limits and comfort zone to something greater than you and thus we confuse this whole limit thing. Athletic feats, sales goals, performance records and personal best stuff all require pushing beyond your present limiting ideas. But what does that mean?

PUSHING THE WRONG LIMITS

I think people have lost the meaning behind what we inspirational speaker types are trying to communicate when we say don't limit yourself, push the envelope, *blah, blah, blah*. Because honestly, the limits I see people breaking aren't the right ones-they are overloaded, and living on caffeine, adrenaline and mediocre success and yet they keep striving! Foregoing sleep, answering e-mails 24/7, working 60 hours a week, saying yes to every request, climbing the invisible ladder of success, justifying their adrenaline addiction,-and then because they are stretched beyond their limits, turning to calm themselves by spending, eating, drinking, shopping, medicating beyond those limits.

We have confused which limits to break through and which ones to honor and create space for. What suffers is our true fulfillment and satisfaction with the things we do have, value, and desire in life.

This year I invite you to become aware of what limits you want to obliterate to move yourself to the next level. (It's usually belief and thought patterns!) I invite you to decide where you need to set new limits for yourself to live intentionally by your

values and to generate creative space for true living to occur.

WE ALL NEED MARGIN

What I am talking about is *creating space* or *having margin* in our day, life, and, yes, holiday season to reflect, plan, dream, and live. In the coach world we call it having reserves-where whatever you need you make sure you have a bit more of it. I fully agree with Dr. Swenson who has said "To be healthy, we require margin in at least four areas: emotional energy, physical energy, time and finances."

Every business owner understands the necessity of margins when it comes to running a profitable business. (You all are appreciating margins as you read this newsletter. Can you imagine all of this with no spaces between words or between paragraphs?) And yet we cram every moment of every day without knowing where we need margin and limits.

Let me promise you that the rewards of setting limits are endless, even if the journey to get there is hard. For example, I have reconciled that it best serves the greater good for me not to send cards this year. So, I took that off my plate-and in its space serendipity hit, and I thought of a great idea of how I can still impact you dear friends and family. It is actually a great way to care for and connect with you. So watch for a special newsletter between Christmas and the New Year for what I have been creating in this space.

I wish a restful season as you celebrate what matters most. For me and mine, Christmas is such a special tradition full of great memories and joyous moments. This year it is my intention to savor not miss them. Will you join me in being truly Merry about it?

Celebrating your greatness!

If not now, when?

BEGIN IT NOW!

Shandel

P.S. The Santa baby is my niece-my inspiration for margin and limits!

II. Pep Talk -- Monthly Quotes

"Margin is the space between our load and our limits. It is the amount allowed beyond what which is needed."
---Dr. Richard A. Swenson

"Everyone thinks of changing the world, but no one thinks of changing himself." ---Leo Tolstoy

"Set priorities for your goals. A major part of successful living lies in the ability to put first things first. Indeed, the reason most major goals are not achieved is that we spend our time doing second things first."
---Robert J. McKain

"Working on too many things at once results in everything being done at a C level." ---David Minter

"Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it." ---Scott Peck

III. MVP Award -- Successful People Living with Intention: Erin Chamberlain



This month's MVP is what we call in our talent-selection world an "A player." Her story is even more inspiring when you realize she started working with me at age 25! She is a woman climbing the ladder in the construction world, and defining how to make a difference now before she gets older (i.e., 30)! Erin Chamberlain is as strong-willed as I am, so working with her was a blast. Her options are endless and yet her focus is clear. She is seeing the fruit of working through the blocks, obstacles, and limits, to live in her strengths and grow her talents. Enjoy this beauty, and know the sky is the limit for you, Erin!

Here's Erin....

I met Shandel in May 2005 in a group setting with my team at work. We all took the DISC test and discussed how the differences in our results showed the strengths and challenges our team faced. This was my first experience with Shandel providing insight to my natural and adaptive style.

My supervisor encouraged me to spend time with Shandel on a one-on-one basis to work through some challenges I was facing as I was growing in my career and becoming a new manager. I've always been what many people would call an overachiever. Yet I continued to struggle with the feeling that no matter how much I did or how well, it was never enough. Shandel helped translate my frustrations into actions and articulate my needs, and kept me accountable for the path I chose along the way. Recently, I experienced a breakthrough, realizing the difference of being stressed at work and succeeding, and being stressed at work and not succeeding. In the end, I learned how to ask for what I needed to remove myself from an unsuccessful situation and move on. As a result, I feel more valued as an employee, and have provided others on the team opportunities to learn and grow.

Over the last year, I've reached several significant milestones both personally and professionally. The biggest thing Shandel taught me during this time is how to enjoy my successes and experience gratitude for the things going well in my life. I am grateful for the changes Shandel helped me initiate in my behavior. I now get it when she asks if I've celebrated "me"!

Erin Chamberlain

IV. Game Schedule -- A New Year, A New Journey

A New Year is Here...Ready for Action?

Life 101 Noon Class - *Jan 9, 23, Feb 6, 20, Mar 5, 19 (phone class with Shandel) (7 spots left)*

Define the steps to propel yourself forward to your next level.

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 and life 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.

Cost is \$400 and you can register at www.truelifecoaching.com If you find that practically every minute of your life is filled, yet you lack definition and fulfillment, this workshop is for you!

Think Gift Certificates

[Descriptions here on workshops](#)

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!

Shandel Slaten

Your Life Coach

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