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## **I. Huddle Up - Are you running your race or just running?**



You were designed to win an unique race in life. Call it your purpose, your destiny, your reason for being here. But your specific strengths, talents, gifts, behavior styles, motivators, physical being are all perfectly fitted for you to win your unique race.

There are many difference kinds of sports and in each one "winning" looks different. However, the mark of winning is usually some combination of the best use of time and skill. So it is with our lives and our personal "race" or purpose. What "winning" or success looks like for one person may look very different for someone else pursuing a different goal or purpose. The only loss or shame comes from trying to run someone else's race (or the race others think you should be pursuing) because you will be continually hurt, frustrated, and frankly you will "lose" because you were never meant to compete for that goal or prize. I learned this lesson in my own athletic quest. For years I tried to be a "runner" but my knees and ankles were always falling to injury. I strived for years to overcome the pain, "push through it" and get past "the wall." Until a few years ago, when a Physical Therapist showed me how the structure of my body does not support running, but would enable me to be a great swimmer. I remember being sad because I so badly wanted to be a

runner...like all my friends. But the fact is, I am a good swimmer naturally! The first time I jumped back in the pool to see what I could do I swam a half-mile and was ready for more. I was able to give up the decade of pain and effort to find the sport my body was designed to do and could excel at it without suffering.

My passion for coaching is fueled by my desire to see people live up to their full potential by discovering and living their purpose the race they were meant to win. I also want to help them train and be FIT to run their "life" race. Webster's Dictionary defines the word "fit" as "to be in conformity and agreement with." Once you find your race, your purpose, you will effortlessly set goals that are in alignment with your core values and not just meet, but most likely exceed them. Effortless never means easy or without work, but rather that the struggle or effort required to achieve those goals is minimal compared the roar of applauding satisfaction within your own soul.

The first step in finding out what race you are designed to run is to identify the things that are sapping your energy or distracting you from running the race you were meant to run. What doesn't fit in your life right now? What is robbing you of your joy? What is stealing the essence of who you are? Having a team to help you do that is the most efficient way to get started in this discovery and "training" process. So who is on your team? This is your race - start running. Take it to the next level. It is time for you to

BE YOU. To be your best and run the race you were called to compete in. If not now, then when....when will you take the first step to discovering your purpose and winning the prize you were destined for?

## II. Pep Talk - Monthly Quotes

"Dost thou love life? Then do not squander time, for that's the stuff life is made of." - Benjamin Franklin

"Being true to the highest and best within us regardless of circumstances, is not always easy, but it is always worth it." - Gail Pursell Elliott

"There are no great people in this world, only great challenges which ordinary people rise to meet." - William Frederick Halsey, Jr.

"The only courage you will need is the courage to live the life you are meant to." - Oprah Winfrey

"We are here to help one another along life's journey." - William Bennett

## III. MVP Award - Profiling Successful People Choosing a Balanced Life - Rodney Van Orman



Every manager, parent, and spouse will find a piece of themselves in this month's MVP and that is why I am so honored and thrilled to highlight Rod Van Orman. You will be challenged when you read how Rod has absolutely taken his race seriously and is reaping the results instantly (don't miss the quote from his daughter!) Rod has taken and continues to take the brave steps to be the man he wants to be. First, he took the training serious, then let go of the things that no longer serve him (fit) and now celebrates the first rewards of living with purpose. I can't say enough great things about Rod and after reading his story, I am sure you will have wonderful things to say as well.

Here's Rod...

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In the last eighteen months I have found life to be exciting and rewarding. If you asked me what I thought about life prior to eighteen months ago, I would have told you I do not know what my purpose is in life. I was down and out and feeling like a failure as a husband, father, and an employee.

For years, I thought poorly of myself and that no matter what I did it was not good enough. I had this belief that I had to work harder and harder to be a good person and to have a successful career. For awhile, I was feeling pretty good when work was going well. Like all hard working people, I kept getting promotions and more responsibility. Every time I received a promotion or new responsibility, I felt the need to work that much harder. My last promotion was a Manager position. When I was promoted, I forgot the management part of the job. Instead of delegating and coaching my team, I felt it was easier for me to handle tough situations and do the work myself instead of coaching and delegating the work to my team. Eventually, I ran into a road block and my life at a cross roads. Work was consuming my life and it was taking a toll my relationship with my wife and daughter as well as on myself.

Shandel helped me understand why I put so much pressure on myself to be successful. Outside of my wife, I have felt comfortable sharing information with Shandel that I have held inside for many years. I gained the confidence I needed to move forward on making changes in my life. Along with the encouragement, I was held accountable to follow through on action items from our discussion. It seemed no matter what I did as a child it was never good enough or done the right way, and making mistakes was never acceptable. I was beating myself up and always questioning if I was doing a good enough job. It was this kind of mind set that was driving me into the ground.

In the last eighteen months my life has become much more enjoyable and rewarding. I have spent time with a counselor dealing with and understanding the demons of my past. I have learned how to balance my life better by taking care of myself. I am working out on a regular basis again, drinking less alcohol, keeping a daily journal and bought a camper trailer to get away on the weekends to spend time with my wife and daughter. I have a better balance between time at home and work. When I am at home, my focus is directed towards my wife and daughter. At work, I am learning how to delegate work to others and coaching members of my team to allow them to grow and be successful on their own. I am not letting work dictate how I want to spend my life. I am finding life much more enjoyable these days and I now feel there is a purpose for me. The other day my daughter, Clara, a 1<sup>st</sup> grader, wrote me a letter in school that said, "Dear Daddy, I love you. You are a great dad. More salmon eggs are hatching. I am enjoying our science unit on change. Love, Clara." It means the world to me that my daughter is thinking of me even when she is in school.

A special thanks to my wife Caron and coach Shandel for caring, listening and helping me to see the good in myself.

-Rod Van Orman

*Rod's wife Caron is an avid photographer, but this great shot was taken by Chris Shollart.*

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

*Want to get into your race and live a life of significance? Take the first step with the BE YOU class.*

## **Next Level Series:**

**February Be You Classes start the 15th - register today!**

This class is designed to get you fit to run your race. In 6 sessions over 90 days you will learn where you are in your life fitness and what it will take to figure out the first steps of purpose. It is about taking life to the next level and it is about BEING YOU - truly YOU! What are you waiting for?

### **Live Class:**

**WHEN: Tuesday night February 15, March 1, 15, 29 April 12, 26**

**TIME: 5:30-6:30 PM**

**WHERE: Oki Foundation Bldg -  
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.**

**Phone Class:**

**WHEN: Monday night – Feb. 28, March 14, 28 April 11, 25, May 9**

**TIME: 7:00 – 8:00 PM**

**HOW: CALL INTO BRIDGELINE – teleconference style – works great**

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

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

## **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 click on "update your profile" below or send an email to [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) with the word SUBSCRIBE.

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

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