



The Coach's Time Out

with Shandel Slaten



I - Huddle Up

On September 11, 2001, we had the opportunity to discover our priorities (our values). Life - as we previously knew it - ended. What happened to you on that day? Did you cancel the "deal-breaker" meeting or the "no way out of it" business trip? How did you react when you heard the news for the first time or, more accurately, watched that plane fly into tower two? I prayed - that's what I did, and I called my family and friends! Then I just sat and felt unknown emotions and wondered what to do.

During that day and the following week, an interesting thing happened - our priorities surfaced and we clung to the things that mattered most. With foundations shaken and the unknown looming - our priorities were tested and we were either found wanting or found resting in a sense of security. Recall that day and see how your priorities manifested themselves. Did you call out to God, embrace your spouse, hug your kids, call your mom, check on your buddy, comfort your co-workers, and think how can I help others through this crisis? In that moment, we were humbled, needful, and well, *human* - raw and stripped back to the basics - back to what defines us. What a gift.

What a gift to have the strong cry alongside the weak, and the daddy *needing* the hug of his child. A gift in that we were called back to WHO we are and given an opportunity to recall or to investigate our purpose for being here. Oh, if we could only keep this perspective, how successful we would be in life and in business.

Our values dictate our priorities. The dictionary defines a priority as, *The right to precede others in order, rank, privilege; something given special or prior attention.* It usually takes me at least 2-3 sessions of working with a client to help them clear out, see, and define their life priorities and values; it happened for many of us in less than 10 minutes. Now comes the challenge, which is to identify how to make our priorities a daily reality. It would be a pity if we slipped back into our "normal" lives and missed the valuable lessons to which the tragedy opened our eyes.

Three weeks ago, you came face to face with yourself and what was truly important to you - incorporate that into your daily action plan. Is your life built around your priorities? HONESTLY? Here's a hint to check yourself - where is a majority of your time and energy spent? Don't be fooled by justifying yourself with the excuse of "we must sacrifice now...for later." The "later" is uncertain, but your spouse and kids are home now. Wayne Martindale once said, *"Put first things first and we get second things thrown in: Put second things first and we lose both first and second things."* If your priorities order your life, then you will live with a purpose, a mission, and a vision for why you are here.

You have shown yourself able to handle a week of uncertainty. It won't be the last time, but you can be ready to face all that life throws at you when you take your eyes off yourself and on to the things that truly matter. What brings you that **unswerving confidence** even when the foundation is rattled? For me it is my relationship with God; to others it may be their family; and to still others, their friends - what is it to you? Just recall that moment on September 11th - what did you cling to, what was missing, and what was needed? There lies your priority-setting-strategy - now go home, hug your loved ones, and live it. You won't regret it! :)

II - Pep Talk

"Character may be manifested in great moments, but it is made in small ones." ~ Phillip Brooks

"If I know what my personal values are or what my company priorities are, I know what NOT to do, and I know what NOT to worry about. I can focus on what my task is." ~ Alvin Hoffler in Inc. Magazine

"An ounce of action is worth a ton of theory." ~ Friedrich Engels (1820-95)

"Champions do not wait for a crisis to discover what is important in their life." ~ Coach Freeborn

"It is better to be defeated on principle than to win on lies." ~ Arthur Calwell

III - Next Play

Shandel is taking a break from playing and going on holiday to Europe - October 10 - 24. See you upon my return!

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

Thank you for taking the time to read this fifth edition of TIME OUT. If you desire to read back issues, just send an email to ss@truelifecoaching.com . I truly appreciate you forwarding this newsletter to those who may find it beneficial -spread the love. Have a great day and I wish you the best of success. Please let me know if I may assist you further.

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

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"A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be." ~ Tom Landry