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I. Huddle Up - Legacy: What Will They Say About You?



What will they say about you in a year from now? A decade? How about a century? Christmas came early this year with a trip to Hawaii to celebrate my grandfather's 100th birthday. As a gift, we each submitted a page of tribute to his life compiled into a really cool scrapbook. Thumbing through the pages, I thought about my life and it struck me that the way I am living my life right now will be a page in my own legacy scrapbook. Three things that challenged me were: My words are powerful and cannot be "recalled", the urgent is rarely remembered, and it is other people (not I) who will communicate the impact my life has had on them. Although I am privileged to lead and influence others, I am powerless to tell them how to remember me and yet I am responsible for the story.

As the New Year dawns, we have a unique opportunity to decide how to live in order to be remembered. Let's pretend it is Dec. 2006 and you are looking back. What if each significant person did a scrapbook page about the impact you made on his or her life in '06. What picture would your 4-year-old draw? Would it include you at the soccer field cheering or checking email on your pda? Would your teenager write about how cool you are or how much they respect you? What would your spouse say? Are you smiling or are you exhausted? Your parents get a page as well as your co-workers and friends. This is one of the most effective ways to set goals for the New Year. Envision the impact you want to make and then take time to live and communicate it so it is heard. You cannot tell people how to think, feel, or respond to you or about you, but you can live intentionally and with purpose to live the legacy you desire.

Want a big heads-up? It's easier said than done. Most of us are not taught to live an intentional life, we are taught to survive. Restated - you have to learn how to live with intention. From my experience, most people are scared to learn about themselves. The humorous part is that the people who need it the most come up with the best excuses starting with how busy they are and ending with "I don't have time for that 'right now'." It is only when you know yourself that you can fully know, help, and serve others with your charged battery of love, respect and understanding. My grandpa gave almost 40 years of service to the United States Postal Service and accomplished some amazing things in life. For us workaholics, here's something to note, only a slight mention of his stellar career was mentioned. Besides the fact that he has been retired longer than he worked, the pages of his lifebook are filled mainly with the WHO he was...father, grandfather, great-grandfather, friend.

In closing, here's to a year of living life at a higher level. The challenge is to simply remember the 3 L's: Let go of the past, live intentionally, and leave a legacy. As your coach, I hope my legacy will include helping you

define yours. If not now, when?

Happy New Year!
Shandel

P.S. Grandpa's driver's license shows the DOB and expiration as the exact same date 12-12-05! [Life 301 workshops](#) start in 2 weeks!!!

II. Pep Talk - Monthly Quotes

"You need to make a commitment, and once you make it, then life will give you some answers." - Les Brown

"Excuses are the language of the failure and the melody of the mediocre..." - Doug Firebaugh

"Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use." - Earl Nightingale

"Life is not so much a matter of 'finding' ourselves as it is a matter of making ourselves." - Alan Loy McGinnis

"Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound." - James Allen

III. MVP Award - Profiling successful people choosing balanced living - Melinda Knight



Great people becoming greater! Melinda Knight is this month's MVP and what a beautiful person she is inside and out; Full of talent, heart, and soul. It is timely to highlight Melinda's greatness as she is an example of what can be accomplished in a year of intentionality. She began the year working on the **who** so she could finish strong accomplishing the **what**. What this woman has accomplished is only equaled by who she is as a person and leader. So impressed, I recruited her to be a LIFE 301 coach! Her live CD which she wrote, recorded, and produced this year is released next month. I am glowing with pride as I introduce to you Melinda Knight, a

true [Rock Star!](#)

Check out this [picture of the live concert/recording](#). Did I mention that she water-skiis better than I do?

Here's Melinda...

Purpose is a strong force as it motivates, propels, energizes and humbles. That is what I found this past year. It has been almost 6 years since the passing of my husband's parents which propelled us into a complete job/life change. We found ourselves parents of a 16-year old sister, lead pastors of a growing

I set some BHAGS (big, hairy audacious goals) and completed all but one. I finished recording my third music project. When I began the preparation process, I found it was much more difficult than our past studio recordings because this project was live. Because of a tenacious attitude, an incredible team, the support of my incredible husband and the clarity Shandel has brought to my life, I was able to far exceed my knowledge and experience. I recently had the honor of receiving my certification to teach Life 301 and lead others to the same richness I have found. John Maxwell says, "Everyone is at some stage of greatness." I like to add, "Uncovering greatness is up to us." I was also certified to train LFYS, now called DISC, and have been excited by life-change happening in those around me. I enjoy the privilege of traveling and speaking at events. This year has truly showed me I am a part of something much bigger than myself. This year I had an "AH HA" moment, "Perception: Everyone has their own."

I can only imagine what 2006 holds. My unfinished goal? Writing a book. It is in the editing stage and will come out next year. It is up to me to stir my passion and open myself up to others. I will continue to serve others and allow faith, not fear to direct me. I look forward to connecting people to Life and purpose in 2006.

- Melinda Knight

IV. Game Schedule - Upcoming Events



Life 301 Workshop

The advanced course for living a fulfilled life

So you want to let go, live intentionally, and leave a legacy? Then start here and start now!

We have eight certified trainers ready to assist you to in your new year goals! What do you really want? What do you want your year to look like? CREATE IT NOW!! The investment is less than a dollar a day - so what will you sacrifice an intentional and charged life or your latte? If not now, when?

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?

Are you ready, willing, and able to do what is necessary to experience such a life? The Life 301 workshop is for those who have successfully taken on the basics in life and now seek the next level in which to excel.

If you've attained a measure of success, yet find yourself at a personal or professional plateau, Life 301 is for you. If you find that practically every minute of your life is filled, yet you lack fulfillment, this workshop is for you. Discovering and working from your personal values you'll maximize your potential to succeed in all aspects of your life.

Learn how to maximize your potential by orienting your life around your personal values. As you identify and begin to say YES to the opportunities that can propel you forward, you will also be challenged to say NO to those things that hinder your progress.

To Register – go to www.life301.com and find the workshop that works best for your schedule and location. Your welcome packet with your first assignment will be emailed to you. If not know, when?

[Here is a flyer for you!](#)

[Read more about Life 301 and testimonials](#)

V. On 3 - Ready...1,2,3 - BREAK - New Year Goal Setting Tool

The new website is taking shape and just in time for the NEW YEAR! We have a client only website and it is so cool. One feature is a place for each client to store their coaching notes and yearly goals. Because I did not get Christmas cards out this year with my annual goal setting tool, [I am including it here](#). In addition, we are extending an offer to store your goals for you along with an assessment to get your new year started off right. Simply, email your goals back to me as an attachment and we will upload them under "MY TRUE LIFE" that way you can keep track of them throughout the year. I will send you a user name and password so you can have private access. How cool is that!! This offer expires January 15, 2006.

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 with the word SUBSCRIBE.

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

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