



- I. Huddle Up - Does That Way Of Thinking Still Work For You?
- II. Pep Talk - Monthly Quotes
- III. MVP Award - Profiling Successful People Choosing a Balanced Life – Steve Juetten
- IV. Game Schedule - Current News and Upcoming Events

## **I. Huddle Up - Does That Way Of Thinking Still Work For You?**

It's the most wonderful time of the year! So why not challenge some faulty, stale belief systems? I find it useful to take a moment during the holiday season to examine any ways of thinking that need to be upgraded or discontinued. A good clue that you may have some outdated beliefs is your bizaare reactions to those closest to you. You can be a high functioning executive finding success in all areas of your life, never missing a beat... until you go "back home." It usually takes just one small quirky thing or statement from a family member and then bam, out of nowhere,, the "Jr. Higher" in you appears on cue. For many years, I felt like I didn't fit in with my own family and that they did not understand me. It was a good day when I realized my own unique abilities set me apart as an individual AND that I had some worn out belief systems that didn't serve me any longer. Another great moment was the one I questioned my beliefs around how I run my business this year versus last year. How about you? Do you have a few beliefs that could use a challenging upgrade?

Let me give you an example that is not related to family or business, but makes the point well that we should regularly re-examine how we think and act to see if they are consistent with our values. Putting myself through college called for some creative money-saving tactics. I gave up Big Gulps and drove across town to save \$2 on a tank of gas. That was what I had to do to survive and my belief that money was more valuable than time served me well back then and helped me achieve my goals. Today, however, my time is much more valuable than the \$2 savings I would find if I drove an extra 20 minutes to find cheap gas. Sounds obvious to me now, but only after I had consciously recognized and changed my belief that I must not pay 10 cents more a gallon for gas if at all possible. While I still value being conservative and wise with money, I had to let go of an outdated belief about saving money on gas regardless of the sacrifice before I was able to pay those higher prices to get gas when it was convenient for me.

What beliefs did you acquire at a time in your life that do not fit you anymore? Perhaps you've always thought of yourself as the "one to keep things smooth", but your efforts to "keep peace" and avoid confrontation is doing more harm than good in your relationships? Or perhaps your role has been to be the one that sits on the sideline and mocks everyone so that no one gets close enough to really know who you are because that would make you vulnerable to rejection by the ones you love most? Maybe you were the trouble-maker growing up and you continue to allow people to try to manage you and make decisions for you in an effort to "help you

out." Or maybe you were the "good girl" so you mistakenly believe that you cannot admit you have a problem or talk about a difficult subject for fear of a negative reaction from others? It's time to check out what you believe about yourself and how you relate to other people, especially your family. Does a belief that you hold about yourself serve you well, or does it belittle the man or woman you are today and hinder the development of a relationship with someone you love?

Have you defined who are today, or who you want to be today? What kind of person do you want to be known for when you die? Or when you are back approaching the holiday season next year? Write it out, define it and then start acting that way. Even if it feels awkward or insincere, it is not hypocritical to act a way that you really want to be in an effort to eventually get there. As I've said before, "fake it 'til you make it!" You will be amazed at the progress you can make after addressing an outdated attitude, feeling, or behavior that is inconsistent with your values and making some concrete effort to change it. Be empowered to make it the BEST TIME OF YEAR...getting better every day!

[Update Profile or Unsubscribe](#)

[New Users Click Here to Subscribe](#)

©2006 , All Rights Reserved.

## **II. Pep Talk - Monthly Quotes**

*"You are today where your thoughts have brought you, You will be tomorrow where your thoughts take you." - James Allen*

*"If you go by other people's opinions or predictions, You'll just end up talking yourself out of something. If you're running down the track of life Thinking that it's impossible to break life's records, Those thoughts have a funny way of sinking into your feet." - Carl Lewis, Olympic track champion*

*"The more love we project, the more loving people we will attract. Guess what we attract when we project neediness, judgment, or any of those other love-destroying qualities?" - Thoughts of Power and Love, by Susan Jeffers, Ph.D.*

*"Our life is what our thoughts make it." - Marcus Aurelius*

*"Your thoughts are the architects of your destiny." - David O. McKay*



### III. MVP Award - Profiling Successful People Choosing a Balanced Life - Steve Juetten



If there was a headline it would be "Steve Juetten's Journey Turns a Corner" and I love to celebrate changes toward greatness. Steve's story is a special one to me. I treasure the day we debriefed Steve's motivator assessment and his vision and desire began to pour out of him. I still remember exactly where I was sitting as we talked about what he WANTED to do and what would naturally energize him. Today, here he is literally living it and all according to his values. Congratulations Steve and may your brave step encourage hearts as it has mine.

Here's Steve...

---

For almost 28 years, I worked as a business consultant for several professional service firms. While I liked the client work (usually!), the constraining culture of working for someone else began to bother me about eight years ago. I started to explore what I truly wanted and needed then and it took me until the summer of 2004 to create a vision of what I wanted and figure out a way to make a transition to a more fulfilling life.

What I needed was a more balanced life – one in which I could spend more time with our 7-year old son as he grows up, help my wife with her burgeoning public relations agency, teach and do individual financial planning my way. I position myself as a fee-only planner helping average people make sound financial decisions an hour at a time. I find that my days are full as I juggle these roles, but less crowded; my time is spent doing more of what I want to do and less of what I think I need to do to stay in the good graces of a senior partner.

I'm in transition to my new life vision (my wife and I call it "wandering in the desert") and that's both scary and energizing. While I wander to the new life, I'm amazed at the little gems I find – feeling less frantic, getting more hugs and pokes in the ribs from my son, being able to listen (really listen) to my wife as she shares a frustration or challenge in her nascent business. I'm enjoying the journey more than I imagined I would.

Steve Juetten [steve@finapath.com](mailto:steve@finapath.com)

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

#### BE YOU CLASS!

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

Are you 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.

Wednesday phone class available 7-8 PM - Jan 12, 26 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 take off a few pounds in '05? To fast track your success True Life Coaching partners with Pro-Health Solutions to offer you Get Lean, Get Healthy. Dr. Mark Adams will coach you in how to bring out the best physical you! [More information here on Get Lean, Get Healthy with Dr. Mark.](#)**

---

## **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!

Shandel Slaten  
Your Life Coach  
206-860-7677  
[ss@truelifecoaching.com](mailto:ss@truelifecoaching.com)

[Class description and testimonials](#)

---

[Update Profile or Unsubscribe](#)  
[New Users Click Here to Subscribe](#)  
©2004 True Life Coaching, All Rights Reserved.