



The Coach's Time Out

with Shandel Slaten



I - Huddle Up – *"Imagine the relief you could have..."*

While camping in the High Sierras, I penned the first draft of this newsletter from my tent via flashlight. At midnight I'm awakened by crackling brush. Bears have been reported in the camp all week. We still have our damaged ice chest from last year's "incident." My parents have the loaded 45 in their trailer 20 feet away. Now there are footsteps outside my tent. Somewhere between remaining frozen and implementing a defensive plan, my heart is beating so loud I lose track of where the footsteps are headed. Having apprehended my glasses with a stealth plan ready for execution (which includes screaming), I experience a flood of relief. The beast has moved, as evidenced by the now aroused neighbors yelling and their barking dogs. Ahhh...the weight of anxiety had lifted from my body. That moment was nothing short of...total relief.

Escaping danger is one type of relief. Similar to the relief you feel when the doctor says the tumor is benign or the relief when you swerve just in time to avoid an accident. Or when you're not on the lay-off list or you've found your lost keys. I want to address a different type of relief: the relief you feel when you have cleared your conscience; the relief you feel when you are free from the heavy burden of guilt.

Consider for a moment the weight you carry around due to "predicaments" you have gotten yourself into or "incidents" that have somehow compromised your integrity. Without realizing it, the average person shoulders enormous guilt about things they have done in the past and things they continue to do in the present. Our bodies were not meant to carry that kind of weight around. Shouldering this weight is like competing in a marathon sporting a backpack of rocks! We wonder why when we work faster and longer hours, make tons of money, have lots of toys, we are still unable to win the prize of true happiness and lasting contentment. Have you considered the physical and emotional sickness associated with guilt? But I won't go there today.

It is fascinating how people deal with guilt. Some rationalize it out of their heart into their brain, some justify it, a few spin it so they can blame the next guy, others become arrogant and hardened, and the masses "medicate it" so they never have to really feel it. Most of us put on our backpack of guilt everyday and resolve to just do our best. We put all our energy into succeeding in one area of life in order to compensate for what we know lurks in our backpack of life. We read every book out there trying to figure out how to lighten up, but we refuse to open the backpack and unload the rocks. Sometimes the thought of confronting the real issue is so painful that we choose to juggle the symptoms instead of addressing the source.

You hikers know how it feels to arrive at your campsite and slide that pack off your back. Now imagine the relief you could have by dealing with your guilt head-on and ridding your life of the remorse you shoulder. If only we could be truly authentic and not have the need to present an "all-together" persona. It would be much easier to be wrong, admit guilt, and ask forgiveness. Admitting you have fallen short of your own or others expectations and sincerely saying, "I'm sorry" brings relief. Don't you long to have that lightness and be free to be you – the real you?

So what is standing in your way? What are your weights? What is your backpack full of? Let's deal with it and make it right – it is dragging you down. Give it up, admit you have rocks, begin to take one out at a time, and then continue your climb to the top without the extra weight. What are you hiding from or afraid of? Frankly, if you're like me, it is the fear of the unknown and not being in control that keeps you from the first step. However, I have experienced that sweet relief when guilt is absolved and the weight is dropped. It is sheer relief, very similar to the feeling of escaping the claws of a bear. You'll be able to sleep better at night when the issue has been resolved – trust me.

II - Pep Talk – Monthly quotes

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." ~ **Helen Keller**

"You cannot escape the responsibility of tomorrow. By evading it today." ~ **Abraham Lincoln**

"Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." ~ **St. Paul**

"You may have a fresh start any moment you choose, for this thing we call 'failure' is not falling down but in staying down." ~ **Mary Pickford**

"It is a rare person who wants to hear what he doesn't want to hear." ~ **Dick Cavett**

"Forgiveness does not change the past, but it does enlarge the future." ~ **Paul Boese**

III - MVP AWARD - Profiling successful people choosing balanced living



The Coach's
August MVP
Carrie Jordan



I would like to introduce to you this month's MVP, Carrie Jordan, of Anderson Hay & Grain Co., Inc. Carrie is an example to anyone who wants to make big changes and is willing to do it fast and fierce. She takes the bull by the horns and makes things happen while remaining her true self. I am inspired by her commitment to life, happiness, and the pursuit of greatness. Carrie is participating in the Danskin Triathlon this month – YAHOOO!!!!

Here's Carrie...

Seven months ago, I would have basically described myself as a very unhappy person. I was smiling on the outside, but inside I was completely overwhelmed with work and lacked motivation to do the things I wanted to do. I did not have time for myself, my family, and certainly did not have time for anything fun. In addition, I felt like I should be exercising, but couldn't bring myself to schedule it in. I even lacked the desire to call my friends. I felt stuck and couldn't see how to change any of these things, so I just continued in a spiral of misery and busy-ness.

When I'd had enough, I enlisted Shandel's support. My first assignment was to mentally create my "perfect" job on a perfect day. Then we laid out the steps it would take to get me there and four months later I had that perfect job! I still can't believe it. I started by figuring out what I wanted and then learned to articulate to others what I need from them. First, I had to let go of controlling the details and delegate tasks to others I trusted. Next I had to set firm boundaries around my time in order to maximize my strengths and truly enjoy the work I was doing. The result is I now love my job!

I found that when I started to live my life in a manner that was in line with my priorities and values, the motivation I needed set in: I began to exercise, learned to say "no", set boundaries in my relationships, found the time to spend with my family and friends, and set a goal of accomplishing my dream to compete in a triathlon! I am now getting over my fear of water and scheduled for my first one, August 18th!

As I go forward, I want to continue setting boundaries and being true to who I am and what I stand for. I have enjoyed this summer and doing what is important to me has really paid off. I love being a happy, healthy person who has good relationships with friends and family and is a contributor to those around me. It is my desire to keep doing triathlons! This is a dream come true and I feel so good about myself when I am out there training hard. I may not be the fastest and my form may not be the best, but I'm completing my dream!

IV – Game Schedule

AUGUST 15 - Business and Elected Officials Luncheon. Just in time to apply the newsletter, Dr. Luis Palau will be speaking on getting rid of guilt with a presentation on God's Psychotherapy (that title cracks me up). I am co-chairing this event at the Downtown Sheraton with the goal of having 900 people attend, so would love to have you come. It is from noon – 1:30pm. Just email me and I'll get you a free ticket - ss@truelifecoaching.com

SEPTEMBER 21 – Seattle Women's Symposium 2002. MAKE AN IMPACT...Be The Best You! Learn how to intentionally: Live with Purpose, Speak with Confidence, and Dress with Style. I am sharing the stage with Communication Specialist, Wendy Hamilton and Wardrobe consultant, Kim Crumpler to bring you this women's seminar at the Bellevue Hilton on Saturday, Sept. 21, from 8:30 – noon. For more information, email info@bethebestyou.com and tell them you are a subscriber to The Coach's Time Out and receive \$5 off the admission price.

****IT'S NOT ABOUT THE DIET**.**

Beginning September 5th, True Life Coaching is joining forces with Richard T. Butler, a personal trainer and life coach since 1980, to bring you It's Not About the Diet! The class is a four-week teleclass (it totally works to have class on the phone – believe me!) that meets each Thursday in September. Millions of Americans struggle with weight loss but less than 1% of the weight loss methods are actually effective in long-term management. This class focuses on the solution (you) and not the problem (diet). This class will teach you what it is in your daily life that triggers negative eating habits. Imagine a program that will help you get more organized, teach you to set boundaries, eliminate tolerations (excuses) and a program that will motivate you to exercise every day for the next 30 days and lose 1-2lbs. a week. The class will meet weekly in September. Cost is \$59 for clients/\$79 for non-clients. Please sign-up today ss@truelifecoaching.com

BE YOU IN 2002 – Next group begins Thursday September 26th. We will focus on gaining life balance by re-orienting your life around values. You will discover your top 5 values, strategize on how to restore your integrity, identify unmet needs, and recognize energy-zapping tolerations. The cost is \$300 for 5 one-hour sessions. Please contact ss@truelifecoaching.com to register and get started on the welcome package. Here's what one participant said:

"The Be You class was an amazing and valuable experience. It's easy to measure the impact of improvement in my life - the time and financial investment of this class were incredibly well spent. "Be You" stays committed to personal responsibility and developing integrity. The tools and ideas in this course were an incredible resource as I work to improve my business, personal, and spiritual life. The process and assignments emphasized that this is a class with clearly defined objectives - not just a "feel good experience."

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

Thank you for taking the time to read this edition of TIME OUT. I truly appreciate you forwarding this newsletter to those whom may find it beneficial. I welcome your feedback and any other comments that might make this newsletter more effective.

Life's a blast – go for the 2 points!

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