



The Coach's Time Out

with Shandel Slaten



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I. Huddle Up - What If Fear Did Not Stop You?



What would you do if you could not fail? If you did not fear rejection, what risk would you be willing to take? If you were guaranteed success what would you attempt? Intriguing questions to get one thinking about what may be standing in the way of a fulfilling, abundant life. So what would your answer be?

On a lazy Sunday, I asked a few of my friends that question and was stunned at the things that immediately poured forth. One would start dancing again, another would pursue an old relationship, and the last would launch a new service component in her business. My next question was what one small step could they each take this week toward their dream or goal. The room went silent. WHY? Fear. Fear of success, fear of failure, fear of love, fear of rejection, and fear of the unknown.

Fear is not necessarily bad; depending on its context it can be a negative or positive force in our lives. The problem is that we often mistaken debilitating fear, which keeps us from fulfilling our purpose, with healthy fear, which keeps us from making unwise choices. As a foe, fear keeps us from our own greatness. Think of this kind of fear as "False Evidence Appearing Real." Our "gut" tells us to step into something new and trust, but we begin to think about all the things that "could" happen (false evidence) and convince ourselves that they will happen (appear real). So we let the opportunity go by and live with a sense of "what if" and regret. As I talked about last month, there is danger involved with not trusting our intuition. By standing still or turning back whenever we are scared of the unknown, we can dull the call of our inner compass that is prodding us forward by continuing to disregard its prompting

If you have a sense of fear, ask yourself if the choice at hand would get you closer to the person you want to be known as and the legacy you want to leave to the world. If the answer is no, then fear is your friend and you should listen carefully to what it is telling you. But if the answer is yes, then you need to push through, conquer the fear and not let it stop you. Susan Jeffers wrote a great book called, "Feel the Fear and Do It Anyway." She points out that any time you attempt something new you will feel fear. A school teacher feels fear the first time she steps into a classroom, but a week later that fear is gone. When I keynote speak, I have a twinge of fear because the audience is unknown, but after the first few minutes the fear is gone and I'm glad I showed up and am confident in my message.

What would you do today if fear was not an issue? If you did not fear failure what one thing would you do? Why not take one baby step toward your greatness in the next 24 hours? Oh all right, how about the next 7 days? I

would love to have you email me about your commitment to not letting fear stop you from achieving your dreams and goals! ss@truelife coaching.com
[A top ten list on fear for ya'](#)

II. Pep Talk - Monthly Quotes

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now." - Johann Wolfgang Von Goethe

"There are some people who live in a dream world and there are some who face reality; And then there are those who turn one into the other." - Douglas Everett

"If we let things terrify us, life will not be worth living." - Seneca, 4 B.C.

"Let us not be content to wait and see what will happen, but give us the determination to make the right things happen." - Peter Marshall

III. MVP Award - Profiling successful people choosing balanced living - Calyn Hauck



I am most pleased to present to you, Calyn Hauck, as this month's MVP. This woman has allowed her life to be transformed and maximized by truly embracing her values and walking the path in true authenticity. You will enjoy her story, but I have the honor of enjoying her life. Calyn has become a wonderful friend whom I learn great things from on a consistent basis and I admire her life now more than ever.

Ironically, she called me this weekend to tell me how she conquered her fear of heights by participating in a challenging ropes course jump. I just smiled knowing the theme of the newsletter. Congratulations mama Hauck! Keep risking!

Here's Calyn...

I first met Shandel when a friend recommended her "Be You" class to me. I certainly didn't expect to find I was living without integrity, or out of balance! (After all, I made every effort to ensure that I was successful, creative, and productive.) However, I soon realized that appearance was my goal: to make sure everyone thought highly of me and my life. I worked crazy hours to achieve top honors at work, I was involved in dozens of groups and activities, and the list goes on. In private, I constantly feared what others thought - and worked feverishly to control those perceptions. My life was full, but I certainly wasn't headed toward balance.

Underneath my professional, energetic, successful personality was an over-busy, insecure woman who longed for change. With the help of Shandel, I began taking an honest account of myself and releasing the grip fear had taken. In doing so, I found values that had been abandoned in my frenzy of

activity. Two years later, I've nearly lost count of the amazing changes in my life; from tackling "impossible" feats to making life-altering choices happily. Most importantly, I finally have a life which rests on faith in God. In changing my attention away from others and onto my Creator, I've found both the discipline and freedom to live life fully. This focus has also forged dramatic change in my personal and professional life.

A completely unexpected change followed the most physically, mentally, and spiritually intense experience of my life: the birth of my son, Levi, last fall. I decided to suspend my business and focused whole-heartedly on motherhood. I could not have made that choice a couple years ago, but now I am more honest - with myself and others - about my abilities, experiences, and my fears. Faith, marriage, and family have taken top priority over money, recognition, and career. It is a relief and a responsibility to firmly know what I believe, and wonderful to live in a way that honors those values. I am so grateful to have a busy, yet purposeful, life.

- Calyn Hauck

IV. Game Schedule - 3rd Anniversary note from the Coach!



A personal anniversary note from the Coach!

This issue marks the 3rd anniversary of the Coach's Time Out! WOW! Thank you for being such raving fans and encouraging me to keep writing and keep pressing forward with this ezine. Three years have gone by with lightening speed and so much has happened that I thought I would catch you old timers up with what True Life Coaching, Inc. is up to in this season of the game.

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