



## *The Coach's Time Out* with Shandel Slaten



### **I - Huddle Up**

One summer, I remember making this awesome whirlpool in my aunt's pool. I walked around and around, using my body to force the water into a strong circular current. With determination, I pushed hard in one direction until I was finally satisfied that I created the best whirlpool ever (or at least on my block.) Effortlessly riding the wave, I soon got bored and tried to get out so I could move on to the next pool game – but I couldn't. I tried to stop, but after being carried away a few times around, I got a bit panicked thinking "Am I ever going to get out of this thing?" Out of desperation, I had to turn around and hold my ground. In an effort to change the course of the water, I got pushed backwards a few times and it was terrifying to face that force of water. However, by holding on to the side and forcing one foot in front of the other against the flow of the water, I began walking the other direction and eventually balanced out the current. What was impossible at first, became "do-able" and when the water had calmed down, I was able to swim again and enjoy the pool for what it was designed for...FUN!

Now parallel that to your life. What started out as a challenge with an edge soon has you in a vortex that moves so strongly that your life begins driving you instead of you driving your life. To get out of the whirlpool, the first step is the recognition that the same force that once served you is now the one that beats against you; and that can be hard to face. Yes, you created the whirlpool and it served its purpose in your life, but now it's time to let it go and turn the tide in a new direction.

The next step is to turn around and hold your ground until you are strong enough to make the shift. Holding ground and going against the flow is usually the most difficult in the whole series of steps. When you are no longer feeding the vortex, the whirlpool will eventually lose its power. You will get carried back a few times in your efforts to change the course, but be encouraged! That is part of the change process – the pain of sticking in there is a sign that you are making real progress in heading toward your goal.

I honestly believe that for some of you THIS IS YOUR YEAR! This is the year that you will conquer that one nagging habit and find freedom at last. 2002 will be a benchmark as you reach your short-term goals and make huge strides toward the long-term one. Maybe this year will find you ready to live a balanced life with your priorities aligned and your values recognized on a daily basis. Perhaps this is the year; the hole in your heart will be filled at last. But it is not going to be easy. Nothing worth having is "easy" – it takes work and effort to change the direction you've been headed.

Think about how much easier it would have been if I had someone helping me change the inertia in the pool that day. Two are better than one when embarking on big changes. Being that second person for some of you has been one of my greatest joys. Thank you for letting me "coach" you through the turnaround. I am so proud to see you swimming strong and enjoying the pool of life again! It is truly an honor and I do hope that if you do not have a person who can play that role of support, encouragement, and challenge – that you will consider allowing me the privilege to coach you through the unknown of 2002.

Merry Christmas and Happy Swimming in the New Year –

*Shandel*

P.S. New Year's Bonus – see bottom for **10 Steps to Better Resolutions for 2002**

## II - Pep Talk

***"If what you are doing is not moving you toward your goals, It is moving you away from your goals."*** ~ Brian Tracy

***"Good habits are as addictive as bad habits, And a lot more rewarding."*** ~ Harvey Mackey

***"When people are at their wit's end, they're more receptive to change. That's when they're most committed to making things happen."*** ~ Ronit Herzfeld, in FAST COMPANY magazine, June 2000

***"The only real limitation on your abilities is the level of your desires. If you want it badly enough, there are no limits on what you can achieve."*** ~ Brian Tracy

***"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy"*** ~ Martin Luther King Jr.

## III - Next Play

**BE YOU IN 2002** - The challenge begins next month – **IT IS TIME TO REGISTER** – only 2 spots remaining for the Wednesday Night Live Class

Based on the dictionary's definition of "BE" - You will have the opportunity to work on, define, or explore the following or come with your own personal challenge:

1. **Why do you exist?** It's not just to make money and breath – so what is it?
2. **What is your unique purpose for being here on earth?** Are you "**occupying**" it?
3. **Is your "persona" equal to your true self?** Are you living in integrity? Are your words, actions and behavior **identical**? What needs to change or what needs to go so that you are secure and confident in your "true self"?
4. **What symbolizes your life?** Is it a symbol you are proud or could it use some adjusting?
5. **What is specifically defined and true about your character?** What if you had to brand yourself to the world in a 15 second commercial? What would your logo consist of?

Get on the roster today: Teams will consist of approximately 8 people and a personal coach. We will meet the 2<sup>nd</sup> and 4<sup>th</sup> weeks of the month for one hour. In addition, you will have the opportunity to work weekly one-to-one with a fellow classmate, daily work on your personal goals, periodic email challenges, and a monthly 15 min. call one-on-one with the coach. Remember the requirement is that you are ready, willing, and able to change. This is not group therapy, so don't bring your complaints, but do bring your will to change and to be challenged. This could help change your life if you let it.

To register, please contact Shandel Slaten at [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) or call 425-747-6202.

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

Thank you for taking the time to read this sixth edition of TIME OUT. I truly appreciate you forwarding this newsletter to those whom may find it beneficial. Once again, if they desire to subscribe, they can send a blank email to [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) with the word SUBSCRIBE or "I'm in".

*Life's a blast – go for the extra point!*

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### **IV - Over Time - a little bonus...**

#### Top 10 Steps to Better Resolutions for 2002

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##### **1. Make resolutions throughout the year, rather than waiting for New Year's.**

That way you're likely to set goals that are really meaningful and compelling, rather than setting goals for the sake of a holiday ritual.

##### **2. Eliminate recurring resolutions.**

Anything you've set as a goal before and failed at probably isn't going to work any better this time. Drop it or redefine it to make it more doable and attractive.

##### **3. Align resolutions with values.**

When goals are in sync with your natural values, success comes more effortlessly.

##### **4. Cross 'shoulds' off your list.**

'Shoulds' and 'musts' are actually other people's goals, not yours.

##### **5. Make resolutions specific and measurable.**

If there's no clear finish line, you won't be able to know if you've succeeded. Vague goals create anxiety and drain energy.

##### **6. Identify what might stop you from succeeding.**

Anticipating possible obstacles means they are less likely to derail you when you encounter them. Some will even disappear just by being named.

##### **7. Focus on what you want, not what you don't want.**

Sounds basic, right? You might be surprised. Energy follows thought, so you attract what you focus on. Phrase resolutions to express the positive, not the negative, side of your goals.

##### **8. Make your physical environment do the work.**

If you want to watch less TV, put it in storage. If you want to curb credit card spending, keep them in a safe deposit box for emergency use only. If you want to eat healthier foods, make sure that's all you have in your house. You get the idea.

##### **9. Visualize the benefits of your goal.**

Be specific and clear to yourself about why the outcome is important and worth attaining.

Imagine how good it will feel. Relish the details.

**10. Get support.**

Change is easier and more fun when you have a coach to help.