



# The Coach's Time Out

with Shandel Slaten



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## I. Huddle Up - Trust Your Gut



"Trust your gut." "Listen to your intuition." "Don't go forward until you 'feel' it is right in your heart." My clients and friends hear that all day long from me, but what did I go and do this weekend? I paid the price for not following my own advice.

Here's the scene: Brand new white running shoes, perfectly planned loop through the arboretum, dear friend to walk with, and a strict time frame to get back home. The last part of the loop is a beautiful trail along Lake Washington albeit a bit swampy at times. As we started down the path, I got a bad feeling because there was a bit of mud on the trail. Not wanting to be late, I ignored my internal warning and told myself it should be fine because it had not rained all week. Taking a few more steps, I hesitated and thought, "Should we do this? We could still make it back in time if we turned around." But the pressure of being on time weighed on me so again I pressed through the "check" in my gut. I told myself I was just paranoid about getting mud on my new shoes and that this must be the worst part because it looked better ahead. Sure enough it was dry ahead and I was glad we took the risk to keep going. We made great progress until we came around a bend and there was nothing but mud, and I mean MUD. We stopped dead in our tracks and looked at each other with sheer horror as I looked down at my watch. Now we were in a quandary because we were too far in to go back. At the trail head, we had a choice. Now we were victims of that choice. We accepted our lot and did our best to stay to the sides, but the damage was already done. We took a perfectly fun day and turned it into a stressful event. AND IT GOT WORSE. The next part of the path was literally covered with water over the mud. We had to find the edge of the path and walk on the wood to keep from being up to our knees in mud. It was so bad, we had to soak our shoes in the lake to get all the mud off. Nightmare for sure and all because I didn't listen to my gut and used my brain to justify what I wanted to do.

Today, I sit with my stained shoes as my reminder of my foolishness, but there are more severe consequences of repeatedly ignoring your intuition. First, you can actually harden your heart to what you intuitively know is right. It's like the family that moves to a house by the train tracks; the train wakes them with a jolt for the first few weeks, but then they learn to tune it out and don't even hear it anymore. When you say no to your intuition long enough and rationalize it away with your brain, you dull yourself to the "check" in your gut. You also can distort your intuition so that you only hear what you want to hear in order to validate your desires and wants. This causes you to make mistakes based on your emotions, instead of your true intuition. You fool yourself into thinking and feeling how you want to feel at the moment. This

happens when the pressure is tense or when your desire to do what you want becomes more of a driver than doing what you know is right . And by the way the only way you can live with yourself then is to then rationalize your first decision until YOU are a muddy mess - what a vicious cycle.

We all have an experience that we could kick ourselves for not obeying that inner voice whispering, "Don't do that" or "you need to do this." Perhaps it was a business deal, an illicit affair, or other "incident" that has not yet unraveled but is sure to leave scars. So why do we ignore that inner voice telling us which decisions are right and wrong, wise and unwise? I'll share the #1 reason next month, but for now leave you with some advice on how you can begin today regaining the edge on your eroded intuition. It requires a willingness to change and is not easy, but the best place to start sharpening your intuition is by working on your integrity. My favorite definition of "integrity" is that your thoughts, words and actions are consistent and all in alignment. Usually the door leading you away from integrity is the same one you need to walk through to get back in. For example, if you knew you should have called your partner and told them about a mistake you made, but instead rationalized it away - go to them, apologize and make it right. It's not rocket science people, but it does require authenticity and risk taking. Most of the time your gut will tell you to help, serve, or encourage someone else; to become other-centered. I don't need to tell you all the benefits - your intuition tells you they are many!

## II. Pep Talk - Monthly Quotes

"It is not the brains that matter most, but that which guides them--the character, the heart, generous qualities, progressive ideas." - Fyodor Dostoyevsky (1821 - 1881) Russian novelist

"The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don't know how or why." - Albert Einstein

"There can be no knowledge without emotion. We may be aware of a truth, yet until we have felt its force, it is not ours. To the cognition of the brain must be added the experience of the soul." - Arnold Bennett (1867 - 1931)

"Trust your instincts. Your mistakes might as well be your own instead of someone else's." - Billy Wilder

## III. MVP Award - Profiling successful people choosing balanced living - Deborah Hey



It is my sincere honor to introduce you to this month's MVP Deborah Hey. This woman has got it going on!!!! She is a special person with such extraordinary talent that I am unable to fully articulate it here in words. If you knew her, you'd agree - an exceptional mind, a kind heart, and a giving spirit.

Professionally, she's an ace who knows how to take a dream and make it a reality - a profitable reality at that! A true serial entrepreneur, Deb founded her first company as a teenager, The Shipwreck, a retail shop off the Shores of Lake St Clair in Michigan which she sold at age 18. Today, she and her husband, Ken, are co-founders of Sunstream Corporation, a growing high-profile company acknowledged in INC. 500 and PSBJ Fast Growing Companies lists to name just a few. We were introduced via YEO, Young Entrepreneurs' Organization, where Deb has served faithfully for over 4 years on the board and is slated to be the President of WEO in '05. HOWEVER, I saved the newest and best highlight for last. Last January, at 40 yrs old, Deb gave birth to their first child, Alden Edwards, and has taken to motherhood

with the same gusto as the rest of her life. Her desire and pursuit of balance, passion, and purpose is an inspiration for us all. [www.sunstreamcorp.com](http://www.sunstreamcorp.com)

Here's Deborah...

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In March of 2003 I decided to take the Be You class that Shandel was offering. I thought it would be something fun to do for myself after recognizing that I had not really focused on doing anything simply for me and because I wanted to, in a long time. The initial DISC analysis provided proved what I kind of suspected all along, I have an extremely high drive to achieve, and I work best alone. I can get done anything I set out to do. Great!!! Life is good, just how I want it.

Then I took the Clean Sweep!. I realized after this assessment that my life was pretty far out of balance. I had maxed out the financial column, did pretty good at creating a good environment (probably because it is easier with money), and that my personal health and relationships had suffered because of it. So, what do I do???

With Shandel's help, I realized the things that were important to me. All of that values, integrity, tolerations stuff really works! One of my biggest goals in life was to be a parent, and I was almost 40 years old and kept putting it off to focus on business. All of the sudden, I realized not only was it time to get to it, but it was time I focused on what was really important to me.

So, in April of 2003 I was fortunate enough to get pregnant, which to me was a sign that I finally got it!! My pregnancy was smooth as could be, loved every minute of it, and after an awe-inspiring birth, my true purpose in life has been realized. I realize that it sounds really corny, but I truly feel that all of my life's lessons to this point have been preparation for the opportunity to share my stories with this little guy called Alden (and hopefully a little brother or sister too).

- Deborah Hey

## **IV. Game Schedule - Upcoming Events**

DreamGiver Group Coaching is coming this Summer. If you are asking yourself - WHAT AM I HERE FOR? What is my purpose? What is my dream? Then begin to consider joining us for an eight week series on finding your dream and your purpose. I am taking sign-ups now and will determine time and day with the group. Email [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com)

Women's Study Meets every other Wednesday Night. If you want to explore more about the process - join us. As we've seen character is built thru pain and then you see the fruit of it and then the fruit must be pruned and so on - It is a PROCESS! Learning to identify milestones along the way is both necessary and encouraging. The group is currently exploring insights and practical wisdom to let the process just be and learn to just be in it. Sounds awful doesn't it, just kidding, it will be GREAT, please join us for this free class. Email [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) for more information.

## **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 the link 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



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