



- I. Huddle Up -- Perspective Equals Patience
- II. Pep Talk -- Monthly Quotes
- III. MVP Award -- This month's MVP is about YOU!
- IV. Game Schedule -- Start 2010 Off Right!
- V. On 3 - Ready...1,2,3 - BREAK

I. Huddle Up -- Perspective Equals Patience



Have you ever experienced yourself in the middle of a life lesson?

I did last week in front of the UC San Francisco hospital. My three-month-old nephew was scheduled for a three-hour kidney surgery the next morning. He was screaming in his car seat as we were trying to find parking and navigate the mess of those tiny uphill streets. Yet in a moment, something click for me.

A car stopped right in the driveway of the parking garage, clueless of the huge backup it was causing. I was in full awareness of my patience. Now, you know that isn't like me! We were on a tight schedule and my nephew was crying. Yet my eyes were fixed on this car. Still there was not a hint of impatience in the air as a young boy emerged from the passenger side and opened the door for his elderly grandmother. Instantly, I recognized the dialysis branding on the small bag she was carrying, and I started to recall the days I spent with my dad during his dialysis treatments.

The two of them hobbled down the sidewalk, stopping to let the woman catch her breath. As we parked I noticed that no one seemed upset with them. There was simply compassion and understanding in the air.

Entering Another's World

Being fully aware of my own patience and those around me, I realized what was going on and immediately applied it to a life lesson.

When we have context, we have patience. When we have information, we have understanding. When we have clarity and see pain, we have compassion. When we get inside people's world, we have perspective. When we have all of that, we have grace, because we are no longer judging and condemning from our own paradigm. In a moment, our paradigm has broadened and shifted.

All of a sudden we enter into the other person's world and stop demanding he or she fit into ours. We immediately slow down enough to be grateful for our own good fortune and stop judging others for their assumed incompetence and inadequacies. (Can you imagine me thinking the same of that dialysis patient as I did when the women blocked the entire parking lot while she "ran in" for her coffee?)

Walking Wounded

Unfortunately, we Type A leaders don't take the time to see the pain and woundedness in those around us. Unfortunately, we often don't learn this lesson until we, or our loved ones, are suffering the same pain. Unfortunately, I am not just talking about physical pain now, but our emotional and relational pain and woundedness that goes to work with us everyday of our life. The silent wounds that define us until dealt with and resolved. The walking wounded at work.

A leader gets results through people. People are wounded. We still need to get results. Many times results are hindered because our people are wounded, and if we would deal with the wound or help them deal with it - we would get better, faster results. Yet, we want everyone to move and "get it" like we do.

Learning Patience

In my experience, patience is not a natural gift of a leader, it is a learned one. It is one that requires discipline, perspective, and maturity. The more that leaders broaden their awareness, understanding, and compassion, the better results they will get out of their people. It is easy to hold people accountable when they trust that you understand where they are coming from and truly care about them as a person. You'll get your results. (It's called emotional intelligence, by the way.)

Why does it take so long for some of us to get this? We have been fortunate, or we live in denial of our own woundedness-one or the other. It is my suggestion that you willingly and humbly learn about yourself and others with intentionality before you find yourself learning it the hard way. Be a proactive leader and learner, rather than a reactor who only seeks help and perspective when in trouble.

Be wise, my friends, and enjoy the goodness you have been given. Learn from your heart as well as your head.

Shandel

P.S. After I learned my lesson, our hospital visit had a surprisingly miraculous ending. Read about it here, <http://www.shandel.com> if you'd like.

II. Pep Talk -- Monthly Quotes

"Patience is the companion of wisdom." - St. Augustine

"The two most powerful warriors are patience and time." - Leo Nikolaevich Tolstoy

"Patience is not passive; on the contrary, it is active; it is concentrated strength." - Edward G. Bulwer-Lytton

"If th e only tool you have is a hammer, you tend to see every problem as a nail." - Abraham H. Maslow

"A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror." - Ken Keys

III. MVP Award -- This month's MVP is about YOU!



We all know that 2009 has been a very difficult year. But I want to take this opportunity to further equip you to take our economic time and make it the most meaningful year to date!

Yesterday on the "[Ask Shandel](#)" radio show we talked about what we can do *now* to prepare for Christmas which at the time was 60 days away. (Freaked me out!) If we try to make up for it by buying gifts left and right, misusing our credit cards, we'll only get deeper in debt. If we don't prepare for the season, we may slip into a mini-seasonal depression before or after the holidays!

We can avoid that, though, with a little *intentionality*. But it takes thought-and you must do something different from the pattern you have always followed.

So here are my *top 10 ways* you can prepare for the holiday season at no cost. I invite you to add to this list by [commenting here](#) ...

- **Create a Grateful Journal.** Each day or night, from Thanksgiving to New Year's, have each family member go around the table and state what they are grateful for. Have a journal you write the thoughts down in and keep it for the years to come. It will be fun for the kids to see what they were grateful for at two years old when they are 20!

- **Revisit Values.** Take the time to recall or define your top five values. Write them down. Put a goal or action step next to each one, expressing your intention to honor them one by one. (Make sure the goals are measurable and reasonable!)

- **Start a New Tradition.** Establish a new tradition that doesn't cost any money but honors one of your top values. Be creative and come up a new one, or bring back one that has been minimized or lost. Traditions bond families. Take the time to build a new tradition as a family and make 2009 a year to remember.

- **Dream Forward.** On Christmas night, write down an intention or something you would like to accomplish in 2010. Have your family members do the same. Fold up the goal or intention and stick it in the toe of your Christmas stocking. Then on Christmas morning 2010, you will see what you wrote and what you did about your intention. Of course, make sure the paper is small and each person has their name on their stocking.

- **Back Cast.** Imagine yourself in early 2010 talking to a close friend and reflecting back to the holidays. What do you want to be sharing and bragging about? What was so wonderful and different about this year that made it so special? What are you most proud of for yourself? Write it down and then start planning what it will take to accomplish it - start it now!

- **Learn the Love Languages.** There are five love languages, according to Gary Chapman: *Quality Time, Acts of Service, Physical Touch, Words of Affirmation, and Gifts*. If you take the time to know your loved ones' love languages, you can give them a very meaningful gift. Tell the Words-of-Affirmation person in a homemade card what he or she means to you. Do something for your Acts-of-Service person you have put off, or give them coupons with dates on which you will accomplish the list. You get the idea. Even the Gifts person- the gifts don't have to cost money. You can read my article on love languages [here](#). Check out the book [The Five Love Languages](#) here .

- **Give Cashless Gifts.** Think of ways you can give gifts that don't cost money but deliver great value to the receiver. Ask, if you don't know! Last year, my friend asked her mother-in-law for six coupons for babysitting and she got it! A listener on the show called in and said they gave their kids coupons for all sorts of stuff (my

favorite was the "get out of punishment" one).

- **Bake Stuff.** Bring forth your best recipe and go meet your neighbors. If you are going to do that, start buying one ingredient each week starting now so it won't break your budget. Yesterday, I bought chocolate chips at Costco!

- **Exchange a White Elephant.** My family is split on this, but I love it! One year when things were tight and we were between grown kids and grandkids, we did a funny white elephant exchange instead of buying gifts. We all brought something from our house that was "useable" and wrapped it up all pretty and then did the traditional white elephant exchange. We laughed so hard it became my favorite event. There is a "Just Say HO" shirt that has gotten passed since 1992 and we always forget who had it last year. It's a blast.

- **Be Other Centered.** As a family, think about what you can do to bless others less fortunate. If you have some extra cash, provide Christmas for those who do not have extra this year. Or-this might be more important-go serve someone who needs help. Put up Christmas lights for an elderly woman, rake leaves, weed a garden, go caroling at the convalescent home. The list is endless. Make it a tradition!

Okay your turn - tell me your [ideas and comments here!](#)

IV. Game Schedule -- Start 2010 Off Right!



JUMP START 2010...TAKE YOUR LIFE TO THE NEXT LEVEL!

ALUMNI ONLY CALL December 10th - ITS FREE!!!

We are proactively investing in our Life 301/Be You Alumni this holiday season. Our objective for the call is to review concepts, answer questions, and set intentions for a successful holiday season and 2010! We will offer these monthly calls for all Alumni so if you are interested get on the list today! Simply reply to this email and we will get you on the list. Class size is limited so sign up today - its free!

New LIFE 301 class starts January 21st!

Define yourself, your next level, and what success looks like to you!

Sign up today!

Do you have a charged life battery? The Life 301 workshop is for those who have successfully taken on the basics in life and now seek the next level in which to excel. If you've attained a measure of success, yet find yourself at a personal or professional plateau, Life 301 is for you. If you find that practically every minute of your life is filled, yet you lack fulfillment, this workshop is just in time for you. Discovering and working from your personal values you'll maximize your potential to succeed in all aspects of your life. Are you ready, willing, and able to do what is necessary to experience such a life?

"Life 301 was a great reminder about the importance of living a values-based life. Stress builds up when we are unable to live our lives in sync with our values. My old boss used to say: "make work work for you". This is so true, but difficult to practice at times. Life 301 provided strategies and new thinking around simplifying our lives and working towards goals that will energize us." -- Life 301 participant

Contact us today for more information or check out our Workshops page on <http://www.truelifecoaching.com/>

[Testimonials and more details on Life 301](#)

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 visit the front page of our website or send an email to ss@truelifecoaching.com with the word SUBSCRIBE.

If you would be so kind to forward this to a friend - see below for an easy click to help you pass it on.

Life's a blast - go for the 2 EXTRA points!

Shandel Slaten

Your Life Coach

www.truelifecoaching.com

1-877-777-TLC7

Be You. Be Real. Be the Best You can Be...Today!