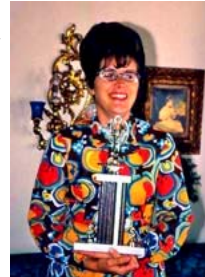




- I. Huddle Up - TRUE LIFE LIVING: IF NOT NOW, WHEN?
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## **I. Huddle Up - GOAL ATTENTION: IF NOT NOW, WHEN?**

Last summer I was doing research for a client who is ADD/ADHD. I stumbled across a quick test online and diagnosed myself with "executive high functioning ADD." In a quirky way I was proud of that, or maybe just relieved. I felt validated for all the irresponsibility I had demonstrated since age 7!



For a week, whenever I got off on a tangent I blamed my "high functioning ADD." At the end of the day when I had accomplished nothing after 12 hours of hard work, I comforted myself that it must be my "high functioning ADD." It was then I realized I was making excuses for myself and I had better get my act together.

Before I go any further, let me be clear that I am in no way making light of attention deficit disorder, attention deficit hyperactivity disorder, or any other associated conditions.\* They need to be taken seriously and cannot be accurately diagnosed on a casual basis.

What I am examining is this: the avoidance of owning up to our priorities in the name of accomplishing just one more thing on our "to do list."

We seem to be successful at making progress on lots of newsworthy things except for what is really important in our ultimate mission in life. Some call it just putting out fires all day long. Others are "too busy" to hear the smoke detector! Then there is the famous "As soon as I get (fill in the blank) done, then I'll be able to (fill in the blank)."

So listen up, my fellow ADD, ADHD, High strung, TYPE A, Start-up, High D, CEO, Blood type O, left-brained, 4th qtr. squeeze people! I have four words for you. *If not now, when?*

### **Today's the Day**

I am Queen of Excuses. and I come alongside you-not in front of you-as a seeker for the solutions. What do you want to be known and admired for today and remembered as in the future? Is today the day to take a moment to be intentional? Could you invest 90 days for only one hour a week to get clear about who you are and what your vision is for your future?

Need a place to start? What is your personal mission statement? Can you say it in seven words or less? Just as our companies need a mission statement, we personally do as well. Why do you exist? For what unique purpose are you here on earth, at this time in history, with your unique personality, talent and gifts in the roles are you playing? Next, what about your family? Do your kids know your family's mission statement and why you, as a family, exist? Do you wake up in the morning and know what your primary roles require of you and how you intend to make a difference in the lives of others?

My mom never dreamed of even having a written list of goals but she had a clear vision for her children. One goal was to train her children to be responsible adults. I learned that one cleaning the toilet.

Mom had overheard a woman talk about a teenager she had to clean her office. The girl was clueless. So my mom called me into the bathroom school to insure I knew how to clean the toilet "the right way." As I complained she silenced me by saying it was her job as my mother to train me so when I left the house no one would ever call me clueless behind my back.

You can bet I know how to clean toilets thoroughly, and a whole lot more. I learned to live a life of integrity by watching Mom. Remember, integrity is when your words, thoughts, and actions are in alignment. So, back to excuses and your to-do lists. What are you cluttering your day with that you can flush away? Get back to your mission, your purpose, and focus on the important stuff. Today.

*If not now, when?*

BEGIN IT NOW!

**Shandel**

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\* For more information on attention disorders, start here: <http://www.help4adhd.org/>

## **II. Pep Talk - Monthly Quotes**

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Dormant forces, faculties and talents become alive, future starts when I wake up every morning... Every day I find something creative to do with my life." - Miles Davis, jazz great (1926 - 1991)

"Some people procrastinate so much that all they can do is run around like firefighters all day-putting out fires that should not have gotten started in the first place." - Nido Qubein

"Success, like happiness, cannot be pursued. It must ensue. And it only does so as the intended side effect of one is personal dedication to a cause greater than oneself." - Viktor Frankl

"Think in terms of what is good for the other person and success will seek you out." - Mary Kay Ash

"Doing what we were meant to do creates fun, excitement and contentment in our lives, and invariably, in the lives of the people around us. When you're excited about something it's contagious." - Mark Victor Hansen

## **III. MVP Award - Profiling successful people choosing balanced living - Debra Trappen**

*Debra Trappen is one of those special people who exude love and success in the same moment. We recently ran into each other at our favorite consignment store, where she told me she reviews her coaching notebook every month to track whether she is living by her values as she defined them in our 2002 class!*

*She has gone from the new girl in town to having a circle of extraordinary friends, a happy marriage and an impressive career. Now that is intentional living! Choosing to live a balanced, fulfilling life is what this Debra personifies. She has attracted such high caliber people to her life that she effortlessly found 10 successful people with whom to form her own Life 301 class. We are glad you chose Seattle to call home!*

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Here's Debra...

When I met Shandel in late 2002, I had just relocated to Seattle from the Bay Area. I knew all of three people: Andrew, my fiancé, whose move to Seattle for a new career opportunity was the reason I had come; our property manager; and the Starbucks's barista! I did not have a job or prospects yet, and although thrilled by the new adventure ahead of me, I was terrified.

You see, I am the planner, the organizer, the responsible one... and as I sat on the floor in our new "home," it hit me. I had just left my family and lifelong friends during two of the most tumultuous times in a gal's life: the planning of her wedding *and* the search for a new career. Was I nuts?

I decided not to answer that one and hit the pavement, nonfat sugar-free vanilla latte in hand. Then Carol, an amazing woman I had met at one of the hundreds of networking events I was attending, told me all about Shandel. I called her up the next day, and it was one of the best calls I have ever made.

When we met over coffee she told me about a great workshop she was putting together called Be You. Without hesitation I was *in!* The workshop literally cleaned out my closets—personal, spiritual, healthwise—and a whole new me emerged. I was strong, determined, and ready to take it all on again.

Now, three years later I know I am where I am supposed to be. My career has blossomed into my dream position: recruiting, coaching and developing new real estate agents. My husband and I purchased our first home together and then adopted a miniature pinscher named El Moreno ("Morey"). To top it off, I am surrounded by amazing friends. Now we're preparing to embark on a Life 301 journey together and I look forward to another renewal. I have come full circle in this first round.

In the meantime, I cherish those quiet moments when I pull out my Be You (Life 301) Binder and remember my past pain, review my current journey filled with blessings and love, and plan the exciting, purposeful future that is ahead of me.

*Blessings and Peace,*

*Debra*

## **IV. Game Schedule - New Workshops**



**Life 301 Workshops - 4 new classes start in April**

I just graduated a class last night and one of the members said in his final comments "You need to emphasize the clarity of mind and the ease of decision making that comes after taking this class." If your mind feels cluttered and you would like to walk into Summer with a fresh new mindset - join a Life 301 workshop today to get started on the first assignment. Read more below, but now is the time to clarify your purpose and define your race - if not now, when? [www.life301.com](http://www.life301.com). Can't join a live class? *Our phone classes are getting high reviews!!*

[Download brochure here](#)

**Know yourself; Understand Others** - Available now online. Improve your EQ right now, well okay within 24 hours. It's easy, inexpensive, and humorous. This course is designed to use different modes of learning to help you maximize your true education of you. Join Master Certified Coach, Shandel Slaten, along with the special treat of her coach, Barb Connor of Coaching Dynamics to gain insight into the communication and behavior styles, the hidden motivators and values that make you tick and the core attributes of your personal talents and skills. This two part session is available on an Introductory Price of \$69 for mp3 download or \$99 for 2 CD set. Buy now and join our April call for free! For more information email [info@truelifecoaching.com](mailto:info@truelifecoaching.com)

**For Your Company: Building The Extraordinary Team Workshop** - Are you being the best leader you can be when it comes to your people? Is your team as efficient and functional as you desire? Are you certain your team has clear communication & priorities? Are you maximizing each person's time, talent, and energy? [Brief overview here](#). Contact Shandel for more information to bring this workshop to your team.

[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](mailto: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!

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