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I. Huddle Up - If I had more courage, I would...



If you were to have a conversation with “courage” what would it say to you? Would it be a parental lecture of how you know you “should” have more, or perhaps a schmoozer slap on the back for how much courage you’ve shown in business while glossing over your fear of intimacy in relationships? Would it congratulate you for setting boundaries at work or for making a potentially rejection-filled phone call?

We all have areas in which we effortlessly show courage. For me public speaking requires very little courage, but if you put a glue gun in my hand and give me a craft project to complete, I freak out. To “craft” something takes a lot of courage because I am afraid I will fail and my fear discourages me from attempting it. I also need courage to take emotional risks in relationships with people whose opinion of me matters greatly. Put me at the edge of a 50 foot cliff and I will be the first to plunge in, but put me in a confrontational situation with certain people and I need courage to combat fear that creeps up on me.

When we lack confidence and risk-taking skills, we shrink inside and show up as less than what we were meant to be. Remember the Cowardly Lion in the Wizard of Oz movie, who was down and depressed because he was not brave enough to conquer his fears? He kept looking for courage in all the wrong places. It wasn’t until he was told how to embrace the courage waiting to be unleashed inside of him that the Cowardly Lion was able to live his life as the brave, courageous lion he was created to be. And so it is with you. Courage is one of the most valuable character traits needed for each of us to step into and be the person we long to be, that we were designed to be. As k any seasoned leader and courage will be on the list of top leadership traits and I believe we all long for more of it in our lives.

What emotional danger or fear do you need to face today? What business risk could you confidentially conquer or emotional hurdle could you successfully clear, if you had just a bit more courage? Stop the discouragement cycle that robs you of confidence and joy! Today I encourage you to take a step towards unleashing more courage in your life. If you want useful tools to help identify what areas in your life you need more courage and create specific steps to get there, see below for open classes and coaching opportunities. Answer the question: If I had more courage, I would....! Take a risk and find out how much more you can accomplish and how much joy you can experience.

II. Pep Talk - Monthly Quotes

"Courage is not the absence of fear, but rather the judgement that something else is more important than fear." - *Ambrose Redmoon*

"Courage is being scared to death -- and saddling up anyway." - *John Wayne*

"Imagine that you have no limitations on what you can be, have or do. If you were completely free to choose, what changes would you make in your life? Deal honestly and objectively with yourself; intellectual honesty and personal courage are the hallmarks of great character." – *Brian Tracy*

"Success is not final, failure is not fatal: it is the courage to continue that counts." - *Sir Winston Churchill*

"Courage is very important. Like a muscle, it is strengthened by use". - *Ruth Gordon*

III. MVP Award - Profiling successful people choosing balanced living - Jeff Knight



I am excited to introduce to you this month's MVP, Jeff Knight, the entrepreneurial pastor of The Rock Church in Monroe, WA. My respect for Jeff runs deep as a very teachable strong leader who intuitively "gets it" and yet is hungry to know what he does not know. A thirst for learning on how to balance his already successful life of running a church (with business savvy), leading staff AND volunteers, keeping his family #1, and living by his values. His determination to never settle for less than excellence and never demanding perfection while seeing there is always a way to improve and innovate the status quo is inspiring! You'll be hearing his wife's story soon as Melinda is the Rockin' co-pastor that completes Jeff. Check out The Rock Church's NASCAR at www.therockchurch.info - you'll love this guy!

Here's Jeff...

Five years ago, I lost my mother and father in a plane crash at 29-years of age. Overnight I was the father of my 16-year old sister, made senior pastor of my parent's church while managing my family, my parent's estate and my own grief. The lessons learned in the past years are too innumerable to count. Reflecting back over these last few months since starting the coaching process makes me very thankful there are answers to my never ending list of questions because the sheer volume of responsibility has been all consuming.

My experiences prior to coaching had left me with a lifestyle of "all or nothing"; I was either doing life at 100+ and succeeding gigantically, or totally burned out in a state of exhaustion. When I discovered coaching it caused me to look inside myself and redefine my vision, purpose and time-line. In doing so I've discovered a whole new way of living.

Now, because of so many insights gained, my life is more balanced. I take the time, even when I am excited and motivated to achieve professionally, to call time out and rest

adventurously. These adventures recharge my passions to pursue greater goals and make more possibilities while maintaining perspective during the process. In addition, relationships including close friends, associates and my spouse are moving to higher levels because new ways of communicating and valuing others emerge everyday.

My intentions for the future are pretty simple: to not change that I am, instead continue to discover who I was created to become and eliminate everything else. I know as I stay true to the vision I have been given the vision will be true to provide everything needed. I say it this way; first vision, then provision. Going forward in coaching means, not letting plateaus along the way obstruct my journey to the highest peaks of life. It means pursuing every endeavor with purpose and passion while learning as I go. It means being true to my god, my wife, my family and my career in that order.

- Jeff Knight

IV. Game Schedule - Current News and Upcoming Events

Want to have the confidence and joy that comes from running your life's race? Do you want more courage to take your game to the next level? Take the first step with the Next Level class.

Next Level Series: Be You Classes start June 2 - register today!

This class is designed to give you tools to explore what you were meant to be and the race you were meant to run in life. In 6 sessions over 90 days you will learn where you are in your life fitness and what it will take to figure out the first steps of purpose. It is about taking life to the next level and it is about BEING YOU - truly YOU! What are you waiting for? [More info here](#)

True Life Coaching welcomes our NEW COACHES!

I am very excited to welcome Lainey Sinkevitch and Keith Ferin to the TLC team. Check out their bios at www.truelifecoaching.com Lainey and Keith will both be facilitating **Summer Be You Classes at HALF PRICE** discounts. If you ever wanted to take a Next Level Class but the price did not fit your budget this is your opportunity. If you are interested in the Summer series, please email beyou@truelifecoaching.com and we will hold your spot.

Personal coaching is also discounted through August with Lainey and Keith - so if you are wanting to make some changes and need that extra support, email me and we will find the right coach for you.

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 "update your profile" below or send an email to ss@truelifecoaching.com with the word SUBSCRIBE.

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