



The Coach's Time Out

with Shandel Slaten



I - Huddle Up - *...the life of an eagle is a different story.*

Have you ever been frustrated by people who are complacent, don't care too much about anything, and yet their lives seem so smooth and easy, while you are always pushing through obstacles and working diligently only to encounter trial after trial? When I was just out of college, I posed that exact question to my now dear friend and mentor, Robert Case. He wisely explained that there are two types of people - jellyfish and eagles. He went on to draw me a word picture that changed my paradigm and enabled me to accept people where they were at, while at the same time strive to be my personal best. Building upon his words, I have used this analogy throughout the years to encourage greatness in others.

Consider the life of a jellyfish. It's pretty easy, not too stressful, no real agenda and not a big need for purpose. Sure, they may be blown and tossed by the tide of the sea, but basically they just float along. They eat and live on what comes their way without too much fighting or opposition. They have no need for adventure, but have enough movement to stay with the current. Nothing is really expected of a jellyfish except to exist. For a jellyfish, there is nothing wrong with that. They are jellyfish and that is WHO they are - content blobs existing in the sea. There may be even a few exceptional jellyfish that stand out, but a jellyfish is a jellyfish...nothing more should be expected.

Now the life of an eagle is a different story. Consider the many different strengths, talents, muscles, and abilities an eagle must develop to live in its domain. Food doesn't just come blobbing by for the eagle - they go get it. Eyesight must be keen, talons strengthened, flight tactics perfected and defensive strategies in place. Persistence and patience must be perfected. Have you ever watched how many times an eagle will dive for its dinner? Relentless! Difficulties and trials force the eagle to adjust, change, and improve so as to get the fish on the next dive. For goodness sakes, first day of flight school for the baby eagle is the parent dropping it out of the nest, "okay, fly!" Of course, mommy eagle is flying right below waiting to assist, as well as train, teach, and model how eagles soar. The trials and difficulties of the eagle are what breed the character we admire: courage, vigor, and freedom. While they have an incredible view from the top of the world, they often "perch" alone because of their choice for higher living. One of my favorite attributes of an eagle is the way they fly directly into a storm. They use the force of the tempest to propel them higher and higher until they rise above the raging storm. WOW! I could go on and on about the eagle, but you get the point. Life is an adventure for an eagle, because that is WHO they are - eagles. Nothing is abnormal about the challenging life they live - that's an eagle's life. Nothing less should be expected.

Unlike the animal kingdom, humans have a choice in how they want to live and who they want to be. You choose and control your attitude and your behavior. It doesn't matter if jellyfish parents raised you; you can learn to be an eagle. Similarly, two busy eagle parents can miss the element of training their children, thus producing jellyfish offspring. I've seen organizations with jellyfish CEO's and eagle janitors. It's not your position; it's your attitude.

Some of us are moving from jellyfish behavior to eagle behavior, while others are simply content to float along. The eagle in us needs to respect that others may not be perched on our mountain. When we see jellyfish behavior in others, we can encourage them to soar; but if they are not yet ready to leave the sea, then we must choose an attitude of acceptance and unconditional love.

The challenge to the eagle is to notice your own jellyfish mentality and confront it. Okay, I'll just say it - the problem is when you see yourself soaring like an eagle, but you are blind to your jellyfish lifestyle. Anyone can be an eagle, but you must commit to pay the personal cost of higher living. Choose today to find higher ground and learn the way of an eagle.

II - Pep Talk

"Leaders must learn to discipline their disappointments. It is not what happens to us, it is what we choose to do about what happens that makes the difference in how our lives turn out." - Jim Rohn

"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

"Discipline--Without this essential quality, all other gifts remain as dwarfs; they cannot grow. Before we can conquer the world, we must first conquer the self." - J. Oswald Sanders

"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life." - Abraham Maslow

"From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked." ~ St. Luke

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

III - MVP AWARD ***NEW SECTION*** Profiling successful people choosing balanced living

Please let me introduce to you Chris Kiersch as the first Coach's Time Out MVP! Chris is the CEO of MultiScribe Inc. in St. Louis, MO. He is 39 years old, married for 12 years, has a 7-year-old son, Tyler, and is a member of the Young Entrepreneurs Organization.

Here's Chris...

I am thoroughly honored to be Shandel's first MVP. Several years ago, I met Peter Thomas who authored a few amazing books that made a big impact on my life. His foundation for children intrigued me and I made a note to get involved. Being an entrepreneur, each week I put it on my "to do" list only to transfer it to the next week for the duration of about 2 years! When the YEO newsletter did a story on the tragic death of Peter's son that was all I needed to commit myself to help Peter promote www.toddthomasfoundation.org.

Little did I know that the return on my time investment would yield not only a tremendous friendship, but also the best mentor a person could ever imagine. Peter Thomas has challenged me to create my own LifeBook, something that he has been doing for almost 30 years. It is my life goal planning system and serves as a yearly biography of what happens to me. I guess it is my way to remember and a way to be remembered. It includes my 3 core values, with a variety of goals under each of my values, a list of 101 things that I want to do in my lifetime (10 of them have to be outrageous goals) a list of things I have done since I was born and articles, personal pictures of family and friends. One thing I added this year was going to lunch recess with my son and his friends the 3rd Wednesday of each month and taking a picture to remember how much fun recess was (it is still way fun). One key factor with the LifeBook is that it has to be reviewed every Sunday to make sure I am not getting to far off course. My goal this year is to help my son create a version that he can start using.

This is a poem that I wrote for my mentor and I hope someday you have the chance to write something similar to your mentor as well.

Dream Man

There once was a man named Peter Thomas, who could instill a man with great promise

His fortune was great they say, but he measures fortune in a different way

His reward and fortune you see, came mainly from helping guys like me

He puts life into dreams and dreams into life

The Dream is alive, it's filled with passion and pain

Thank God for Peter Thomas, for my life will never be the same!

Cheers,

Chris Kiersch

NOTE FROM THE COACH: I have seen Chris' LifeBook and it really is cool. Find out more about LifeBook and Peter Thomas' foundation by sending Chris an email at ckiersch@directpresenter.com

IV - Next Play

BE YOU IN 2002 - The next 3-month course will be offered for those living in the Seattle area. We start April 10th and will meet the 2nd and 4th Wednesday of the month from 11:30 - 1:00. We will focus on gaining life balance by re-orienting your life around values. You will discover your top 5 values, strategize on how to restore your integrity, identify unmet needs, and recognize energy-zapping tolerations. There will be a maximum of 8 participants, we have 4 spots remaining, and the cost is \$150/month. Please contact ss@truelifecoaching.com if interested.

TOLERATION FREE ZONE - Need some accountability to clean up an area in your life? Are you ready to eliminate some junk around the house, get organized, and make room for some free time and space for summer? Do you have internal weights holding you down - emotionally, physically, and spiritually? This could be the class for you. This is a fun fast-action class to hold you accountable to face the music and LET GO OF IT! We will meet for four times, once a week, from mid-April to mid-May just in time for you to spring clean your life. Class is conducted over the phone and the cost is equivalent to a latte a day for an entire month or (\$59.) Please sign-up today ss@truelifecoaching.com

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

Thank you for taking the time to read this 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 with the words "add me" :)

Life's a blast – go for the 2 points!

Shandel Slaten

Personal & Business Coach

206-860-7677

ss@truelifecoaching.com

© Copyright 2002 by Shandel Slaten