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I. Huddle Up - Can you be successful and doubtful at the same time?



I want to expose a lie that many of you believe and mistakenly think is unique to you. From the self-made millionaire to the struggling administrative assistant, many people have a nagging doubt or an outright fear that they are "not enough," or lacking something they need to be successful. This lie takes on a different voice depending on what area of your life you fear inadequacy. It may sound something like, "I don't have what it takes to be ____" and then fill in the blank with what is most important to you. "Sure, I'm CEO of one of the fast growing companies, but look at my home life... or look at th at Fortune 500 CEO... or I'm 30 pounds overweight with a drinking problem."

As with all fears, this "I don't have what it takes" lie plays out differently depending on our behavior style. Some people build walls, withdraw and don't try lest they fail. You may have a good family life, but dread going to work everyday because of a lack of confidence and initiative to take a risk and ask for what you need at work to reach the next level. Others overcompensate in one area of their life, going full throttle and becoming blind to other people or things in need of immediate attention. You may be successful at work, but feel inadequate as a spouse or parent, and work more hours where you can at least taste success.

This fear of not having what it takes robs us of an abundant life and a sense of deep happiness. The fruit of feeling inadequate can be poisonous and actually lead to failures that could have been avoided. For you to be successful IN all of life, this fear must stop so that you can identify and pursue the bigger picture for your life: your vision and purpose. The word ADEQUATE means "to be enough, to meet a need...in the right way." So if you can figure out the need you were meant to meet (your purpose) and why YOU have been given what it takes to meet that need in others - you will realize that you are fully adequate.

If you are a CEO running a successful business there are many needs you are meeting in the world - what are they and is that your purpose? If you are serving that CEO by let's say doing the filing or sorting the mail do you realize you are a part of that bigger picture? It is not a small task but a very important one that only you at this time in history were called to do. If you read any business ethics books and magazines (www.ethix.org) - business is not just there just to profit the stockholders pocket - it is to serve a greater need. When we understand this there is indeed great profit for all, but as the byproduct of the greater purpose being fulfilled. Think about it and know that indeed you do have what it takes and you are enough - wonderfully made to do the right thing, the right way, in just the right time. Abandon the lie and fear of inadequacy and embrace the truth that you were created to fulfill a purpose!

If you are having trouble identifying your purpose or are simply too busy or distracted by other things to

see it right now, I have some upcoming classes and tools to get you started on this exciting journey (see below). While identifying your purpose can be exhilarating and liberating, the real fun begins when you start living it!

If not now, when?

We are in the process of upgrades - if you are having trouble - [here it is in PDF](#).

II. Pep Talk - Monthly Quotes

"Success is not a destination that you ever reach. Success is the quality of your journey." - Jennifer James

"To those who have confidence in themselves, change is a stimulus because they believe one person can make a difference and influence what goes on around them. These people are the doers and the motivators." - Buck Rogers

"I always knew I wanted to be somebody. I think that's where it begins. People decide, 'I want to be somebody. I want to make a contribution. I want to leave my mark here.'" - Faith Ringgold

"This is the true joy of life; the being used up for a purpose recognized by yourself as a mighty one; being a force of nature instead of a feverish, selfish little clot of ailments and grievances, complaining that the world will not devote itself to making you happy." - George Bernard Shaw

"Self worth and net worth are not the same. Your value is not determined by your valuables... Real security can only be found in that which can never be taken from you." - Rick Warren

III. MVP Award-Profilng Successful People Choosing a Balanced Life--Lainey Sinkevitch



Lainey Sinkevitch is this month's MVP because she took a huge risk, left her successful secure career, and pursued her passion. Her story is the one movies are made of and the risk many want to take, but do not dare. Being true to her values she paid the price for a few years and is now living her purpose. Back in the day, not knowing I would hire her one day, I was Lainey's mentor coach as she embarked on her coaching career. Now Lainey is one of our coaches and I am proud to have her on the team. Enjoy her story and if you need a coach I recommend emailing her right now - lainey@truelifecoaching.com
Here's Lainey...

There I was, minding my own business living the American dream: I loved my

apartment, and my friends who lived close by; I was healthy, and enjoyed an income that provided the freedom to travel, entertain myself, and even save.

I worked as an HR professional at a reputable architecture firm...

And I was miserable. What could have been a fabulous position for some was not for me. I stayed longer than necessary for reasons like income, insurance, and enjoyment of co-workers. I even did a couple rounds of George Bailey at the building and loan in the movie *It's a Wonderful Life* - sticking around to cover gaps created while *others* left to pursue their dreams. Sure, I could do the job – I just had no passion for it. Eventually I became aware that staying was costing me more than I was being paid each month. I was burned out, and it was time for a change.

At that point, it was as much about a new me as it was about a new job. No matter where I worked next, I wanted to be myself and contribute something unique, rather than play a role that didn't fit. I wanted to regain my sense of professional direction and purpose, so I took a transitional job as a Starbucks Barista. In the ensuing months, I enjoyed walking to work and having a job without an ever-expanding inbox. I was also freed up to explore my vocational options, eventually discovering my passion for life coaching.

[keeping reading here - The rest of Lainey's story](#)

IV. Game Schedule - Current News and Upcoming Events

Want to have the confidence that indeed you have what it takes to run your life's race and take your game to the next level? Take the first step with the BE YOU class.

Next Level Series: April Be You Classes start the 18th - 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. You met Lainey in the MVP section and you can learn about Keith on the website under "Our Coaches." In the next few months, we will have two more coaches join us and I look forward to introducing them to you

Lainey and Keith will both be facilitating **Summer Be You Classes at HALF PRICE** discounts. If you ever wanted to take a Be You 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.

We hope to be opening up our Bellevue office in May - so stay tuned!

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.

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

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