



## The Coach's Time Out

with Shandel Slaten



### I - Huddle Up

**Time.** Don't you wish you had more of it? We are each given 24 hours (1,440 minutes) to which we are accountable for each and every day – and if you're like me it is never enough! There are work demands, family pressures, and it's only Monday and you are overwhelmed by the week you are about to face. You tell yourself that time is the enemy and life balance is a myth you heard your competitor boasting about! It seems the addiction to our fast lifestyle leaves us little energy to consider where our time is being spent.

Fast Company Magazine quoted Kristen Lippincott stating, *"We've become enamored with deadlines. We want to feel an adrenaline rush. We believe that if we're always chasing the next deadline, we must be important. A lot of our 'busy-ness' is a way for us to avoid thinking about what is most important. There's a difference between being busy and being productive."*

I have observed that the way a person spends their time will reveal a great deal about them. Time can actually be a friend when your life is in balance, which simply means you are living your life based on your priorities. Sounds simple, but are you living YOUR life by your priorities or does the urgent master the important?

Phil Smart writes about time in his book, "Angels Among Us by the Real Santa Claus." He divides the 24-hour day into "The three 8's" - 8 hours of sleep, 8 hours of work, and 8 hours that are ours to invest where we choose. Mr. Smart decided decades ago to invest a portion of his 3<sup>rd</sup> eight in the hurting lives of the patients at Children's Hospital. Thus let us explore the question of how YOU are going to spend your 3<sup>rd</sup> eight this week? It will reveal a great deal about who you are...are you ready for the challenge?

So what are your top 5 priorities in life? Take a moment to list them right now on that groovy little pop-up post-it thing on your desk. Next order them by their importance to you. Now thinking about that 3<sup>rd</sup> eight hours that is yours and list the percentage of time you have invested in each of the five. How did you do? If you are like most, you are sighing with this moment of truth. The way we spend our time represents our priorities

When I hear people talk about their life-long dream, their family time, or their personal goal and then introduce the challenge to live by their priorities, I often get the same three responses, "Yah I know, just as soon as I get this \_\_\_ done, I'll have time to \_\_\_" or "Yes, I'm planning on freeing up some time, so I can..." worse yet "I remember when I had the time to..." Life balance does not happen naturally, it is a choice, a decision... and not an easy one.

As to not take up anymore of your valuable time, I'll leave you with the most popular homework assignments my clients receive, "What is one thing can you eliminate from your schedule to invest in your #1 priority this week?" After the long silence, I add, "Even if it is only 15-30 minutes." There is a Chinese Proverb that states, *"Great souls have wills; feeble souls have only wishes."* Choose your action. Take out your palm pilot and schedule the time in – you won't regret it. (see below for true coaching accountability)

## II - Pep Talk

*"You can always find reasons to work. There will always be one more thing to do. But when people don't take time out, they stop being productive. They stop being happy, and that affects the morale of everyone around them." - Carisa Bianchi, Fast Company Magazine.*

*" People judge you by your actions, not your intentions. You may have a heart of gold, but so does a hard boiled egg." - Good Reading*

*"The way you behave is the way you'll be judged." – Anonymous*

*"Try not to become a man of success, but rather try to become a man of value." - Albert Einstein*

## III - Next Play

Upcoming events. Please feel free to email [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) for more information.

June 26 - Women's Study in Seattle – meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Night of the month. Currently, we are studying the book and life of Queen Esther.

July 6/18 – **Women In Training Toward Integrity.** The **WITTI** Girls Club is a new group coaching opportunity for women who are interested in firmly establishing their personal foundations to build for a successful future. This group of women gathers from all over the country via the telephone to encourage each other in meeting their goals while formulating their life's mission and purpose statement, boundaries, standards and values. It is fast paced group with an immense amount of personal growth. Another group begins in August. The cost is \$100/month with small personal coaching sessions included. Integrity means that your thoughts, words, and actions are all in alignment.

## IV – Game Film

Thank you for your great support last month. I had a blast taping the TV Pilot with Fisher Entertainment. Alas, it is true what they say about the camera adding 10 pounds, but beyond that is was GREAT and I look forward to hearing about the show's potential. I'll send you a picture if you want to see the set. If nothing happens here, I have a great idea for my own coaching pilot! Entrepreneur and dreamer all in one 😊



**Last month's article on fear** was one that really got a few of you thinking and I appreciate all the wonderful stories and one-liners. Here is one I found especially moving.

*When I was about 11, I was one of the tallest kids on my soccer team and therefore, one of the better headers. During one game, I went to head a ball that was kicked very high. While it was on the way down, I closed my eyes - which of course caused me to miss the ball. The ball bounced right in front of me, and came up hard, hitting me in the chin, cutting my tongue and breaking a tooth! I needed to be carried off the field.*

*Over the next few years, I carefully hid the fact that I was terrified to head the ball. This actually caused me more problems as I wouldn't meet the ball head-on and it would invariably hit the side of my head or my face. My coach caught on to this. He pulled me aside, and had a stern heart to heart with me about it. Although he knew my fear was justified by having experienced real pain and injury (he's the one who carried me off the field), he also knew that I wasn't progressing as a player. He told me that I was too old to continue to hold on to my fear and that if I didn't deal with it, that I'd have to start sitting on the sideline. So, we worked together, having me head the ball over and over and over again.*

*Since then I've enjoyed playing hundreds of soccer games and became one of the best defensive headers of my league. Sure, I've been hurt again (was knocked out once), but the joy of playing the game well far outweighed the pains I experienced. If it had not been for my coach firmly urging me to face my fears, I believe that to this day, I'd still cringe whenever being faced with having to head the ball.*

*J.T. – Seattle, WA*

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

Thank you for taking the time to read this second edition of TIME OUT. I truly appreciate you forwarding this newsletter to those who may find it beneficial. If they desire to subscribe, they can send a blank email to [ss@truelifecoaching.com](mailto:ss@truelifecoaching.com) with the word SUBSCRIBE or "I'm in".

Change requires accountability - if you are up for the time/priority challenge – send me an email and let me know what you are committing to do. I'll remove your name and add it to the review section of the newsletter next month and we can chart your progress. "A little less talk and a lot more action" – Country Music Proverb ☺

Last Monday, The Seattle Times ran a fabulous article about personal coaching – learn more about how others are benefiting from having their own coach - here is the link: <http://archives.seattletimes.nwsource.com/cgi-bin/texis/web/vortex/display?slug=businesscoaches18&date=20010618&query=personal+coaching>

*Life's a blast – go for the extra point!*

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