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I. Huddle Up -- Be Great in '08



Happy New Year! For a life coach, this little week between Christmas and NYE is one the best weeks of the year! If you have been following my "limits" saga, then this special edition of my monthly newsletter is the holiday gift to you I spoke of.

I want to invite each of you into a special challenge: to become great in 2008!

WHAT MAKES YOU STAND OUT FROM THE CROWD?

Okay now, don't let the cheesiness of the slogan -- **Be Great in '08** -- stop you! It's a motto packed with meaning, and I am framing my planning for the new year around it. Why did I choose this phrase? It all started with a very special picture, the one at left. Let me give you some context.

STRETCHING UPWARD

Last summer I was driving in Italy with friends. Just as they gleefully announced "We're in Tuscany," we turned a corner and there was this flowing field of sunflowers. "Stop!" I screamed. "Pull over!" They thought I had been stung by a bee or something.

I unfolded myself from the back seat and stood in awe of this gorgeous site. As I raised my camera to capture the beautiful scene, I spotted one flower that was a foot above the rest. The significance of it hit me at once. I knew this would not be an ordinary photograph. It spoke deep into my soul. I gathered myself enough to capture the picture but in the end the picture captured me.

Why did this one sunflower grow a foot above the others? How did it become so magnificent, unique, and great? I am not a sunflower expert, of course, and the real question is, what does this photo suggest to you about your own life? For me, I concluded that I don't particularly want to be a foot above everyone else. I want all the other flowers to stretch their happy little faces upward and grow strong and great along with me!

YOU CAN BE G.R.E.A.T. IN 2008

So this is what I invite you into: To BE G.R.E.A.T. in 2008! Here is what the acrostic GREAT stands for: Grateful, Real, Excellent, Amazing, Teachable .

What does every word of this mean?

BEING G.R.E.A.T.

BE (*versus DO*): Look up the word "do" in the dictionary. Its definitions there involve so many comfortable words about tasks, accomplishments, solving, performing, completing. Music to my ears and a natural habitat for me. Lists, charts, goals, reports on my progress. YAY for doing! And great people do get stuff done-effortlessly.

It's this *BEing* stuff I have to be intentional about. I don't know about you, but I have to concentrate on and make a priority. Being is about life, individuation, creation, existing... My favorite dictionary phrase is "somebody's essential nature or character."

What is your essential nature? What is your character? What is your emotional presence? Did you know you had one? ☺
How would you rate your *BEing*?

GREAT

Why *Great*? Because it rhymes with eight <grin> *and* has wonderful definitions we can apply to our lives:

- *With exceptional talents or having made remarkable achievements.*
- *Very significant or important.*
- *Powerful and influential.*
- *Extreme or more than usual.*
- *Very large and impressive.*
- *Used to emphasize how much of a quality somebody or something has.*
- *Doing something often, enjoying something very much, or being a very good example of something.*
- *Lasting a long time or covering a long distance.*
- *Larger or more important than others of the same kind.*

This last definition is why I want you to concentrate on *Being G.R.E.A.T.* this year. Of all the people in the world, there is only one you, and you are the only one who can do what you're supposed to do. The world needs you to do it! And you need to do it for a long time, and you need to cover a lot of territory in your short lifespan.

The world, your world, awaits for you to step into your being, and to use your unique talents to demonstrate your greatness. This is not an entitlement that you have because your mom told you how great you are and installed some false sense of self-focused narcissism. This greatness is a personal satisfaction of knowing the unique gifts you possess are only yours to bring to serve others.

Being Great is ultimately about taking your greatness to your world, which is in need.

WHAT IS G.R.E.A.T.?

Now to the good stuff. As I thought about what I needed in my life to BE GREAT I came up with this five-word acronym: Grateful, Real, Excellent, Amazing, and Teachable. I intend on focusing future newsletters and an upcoming blog on each of these five disciplines. For now let me share with you my intentions from a high level on each of these.

GRATEFUL: My intention is that this year I will renegotiate with my brain a shift in attitude from negative talk, feelings, and

especially fear/anxiety to an attitude and mindset of gratitude.

REAL: Becoming more aware of who I am, and less of who I think others desire me to be, requires me to be brave and courageous to love, give, and serve more. This will enable me to draw necessary boundaries and set limits so that I can be the best real me and let it show in all that I do.

EXCELLENT: It is my desire to pursue excellence, and abandon perfection. I also accept that some things can be good enough if perfection is stealing from anything in my top values and not crucial to the intentional life I am committed to live.

AMAZING: I choose to pick a few key areas to be amazing and brilliant in, and to learn to celebrate those amazing traits about myself. I dismiss the dysfunctional thought that I must be good at everything. I recognize this frees me up to need other amazing people around me and call out their greatness as a compliment to mine. I will acknowledge other's amazing abilities with gratitude.

TEACHABLE: Greatness comes from a humble, coachable (teachable) spirit. I choose to be more of a learner this year, focused on what I can learn from other people, especially the difficult ones. What am I learning about myself when others ignite an emotional response in me? When confronted directly or when I slow down enough to reflect, I resolve to learn via life and others this year.

BE G.R.E.A.T.

In the MVP section below, you will find your coaching assignment -- if you wish to join me in this pursuit of being, greatness, and becoming the best we can be. I'm confident that 2008 will be a great year. I look forward to stretching upward for the prize of knowing something bigger than us is calling forth this season of growth and greatness together.

Happy New Year!

Coach Slaten

II. Pep Talk -- Monthly Quotes

A time comes when you need to stop waiting for the man you want to become and start being the man you want to be. - Bruce Springsteen

Martin Luther King said, "I have a Dream." He didn't say, "I have a strategic plan." - Nate Booth

As we express our gratitude, we must never forget that the highest appreciation is not just to utter words, but to live by them. - John Fitzgerald Kennedy

Perfection is not part of the secret to success. Perseverance is. - Troy Dunn

Everyone thinks of changing the world, but no one thinks of changing himself. - Leo Tolstoy

One is not born into the world to do everything, but to do something. - Henry David Thoreau

The height of your accomplishments will equal the depth of your convictions. - William F. Scolavino

III. MVP Award -- Successful People Living with Intention:

YOUR 2008 PLAN



I think everyone can be successful if they live with intention and from choice. So how about you? Will you abandon your fear this year? Your fear of failure? Your fear of success? Your fear of the unknown? Will your story be heads-above others, to be remembered and recognized and emulated? Say yes! Below is your homework assignment. E-mail me back a filled-in copy, and join me in this adventure in personal greatness!

Meanwhile, here is one of my favorite quotes to inspire you:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

-Johann Wolfgang Von Goethe

BE G.R.E.A.T. IN 2008

Take some time to fill in your commitment under each intention listed below. I included my working high level definitions for each category to jog your memory and start you thinking. Make it your own and have fun!

This year I will be:

GRATEFUL: *My intention is that this year I will renegotiate with my brain a shift in attitude from negative talk, feelings, and especially fear/anxiety to an attitude and mindset of gratitude.*

What is one negative fear and/or attitude I choose to replace with an attitude of gratitude:

REAL: *Becoming more aware of who I am, and less of who I think others desire me to be, requires me to be brave and courageous to love, give, and serve more. This will enable me to draw necessary boundaries and set limits so that I can be the best real me and let it show in all that I do.*

In what one area will I act authentically-to take a risk to show up and grow up?

EXCELLENT: *It is my desire to pursue excellence, and abandon perfection. I also accept that some things can be good enough if perfection is stealing from anything in my top values and not crucial to the intentional life I am committed to live.*

In what one area will you let go of demanding perfection in and accept excellence, providing you with more space and time in which to live with intention and joy this year?

AMAZING: I choose to pick a few key areas to be amazing and brilliant in, and to learn to celebrate those amazing traits about myself. I dismiss the dysfunctional thought that I must be good at everything. I recognize this frees me up to need other amazing people around me and call out their greatness as a compliment to mine. I will acknowledge other's amazing

abilities with gratitude.

What three things do I want to be amazing at in 2008 and who will help me?

1. _____
2. _____
3. _____

What toleration or hindering factor will I choose to dismiss in order to accomplish this?

TEACHABLE: Greatness comes from a humble, coachable (teachable) spirit. I choose to be more of a learner this year, focused on what I can learn from other people, especially the difficult ones . What am I learning about myself when others ignite an emotional response in me? When confronted directly or when I slow down enough to reflect, I resolve to learn via life and others this year.

Who will I learn from this year, intentionally becoming more teachable as a result?

How will this form of teaching help me grow great?

BEGIN IT NOW!

Shandel

IV. Game Schedule -- A New Year, A New Journey

A New Year is Here...Ready for Action?

Life 101 Noon Class - Jan 9, 23, Feb 6, 20, Mar 5, 19 (phone class with Shandel) (7 spots left)

Define the steps to propel yourself forward to your next level.

Life 101 is a workshop designed to give you the opportunity to anchor yourself in your own sense of purpose and find ways to be fully engaged in executing your career and life path. Each part of the program identifies the foundations to make optimal choices and gain clarity in the next steps of your personal and professional development. The process will provide the tools for analyzing how you grow and change as well as techniques for prioritizing what you want from work and life.

Cost is \$400 and you can register at www.truelifecoaching.com If you find that practically every minute of your life is filled, yet you lack definition and fulfillment, this workshop is for you!

Think Gift Certificates

[Descriptions here on workshops](#)

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 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!

Shandel Slaten

Your Life Coach

www.truelifecoaching.com

206 718 6914

Be You. Be Real. Be the Best You can Be...Today!