



Training & Development, Inc.

www.impact-dev.com

email: info@impact-dev.com phone: (440) 899-9010 fax: (866) 288-7862

# The Coach EQUATION

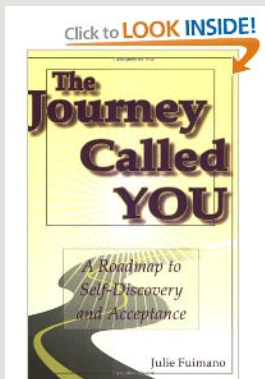
Solutions for the performance puzzle

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Volume 5 Issue 3

**This article has 916 words and should take 3.66 minutes or less to read. A small price for knowledge!**

### Featured Book:



**The Journey Called You: A Roadmap to Self-Discovery and Acceptance, Author: Julie Donley**

### Upcoming Classes

#### Registered Corporate Coach Training:

April 6-7  
Columbus, OH

May 18-19  
Los Angeles, CA

#### DiSC Train the Trainer:

Anril 8

## Seven "F's" Add Life To Your Life

Life gets pretty busy these days. Sometimes I find myself caught up in the 'doing' rather than the 'being'. My friends would tell you it's more than sometimes. It's a lot of the time. While I know 'being' is important, I have let 'doing' become more important. It is easy to justify with the turmoil of a changing economy, wars in the Mid-East, and strangely, the effects of earthquakes and tsunamis.

When you die, there will be two dates on your tombstone: the date of your birth and the date of your death. Those two dates will be separated by a DASH. It is this dash that represents your life. It's what lies in between those dates that account for your life.

**Living Your Dash** demands living in the moment by seizing moments in time, utilizing the gifts and talents you possess, and taking immediate and decisive action on the things that are important to you. That's the 'being' part.

Life is too busy to allow for 'make up', so it is important to provide time for seven essentials to have the life you desire.

**Family.** This is your first responsibility. Making money for the family doesn't excuse you from being part of it. Our son now works in a job that is nine hours away from his family. Once a month in-person trips back to the family are cherished and enjoyed to the fullest. He stays connected to everyday matters with Skype and is part of homework, sports, and friends. Family is 'Job One'!

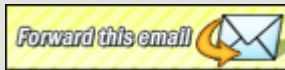
**Finances.** As a teen, I took baby-sitting jobs so that I could save up for something special: going to the movies or to a concert. The rule hasn't changed much, make enough to meet your needs and then if there is time and desire, work on 'wants'. In any case, spend less than you make. You will feel better about having something saved and be a model for thrift.

**Friends.** "Make new friends, but keep the old"... This involves making connections and building a circle of those you can serve and depend on. Of course this takes time and effort, but no one needs to be persuaded that friendship matters. It certainly takes time to keep up friendships with many people when you are busy raising a family and working to make a living. However, the investment in time is well worth it because friendships enrich life.

**Fitness.** Your physical well-being is a priority. A health body provides a sense of vitality. That translates to a more positive you mentally. I have participated in a fitness class for over 15 years - year in and year out - three to four times a week. There have been times when I forced myself to go even when I felt too tired or when the weather encouraged

Columbus, OH

May 20  
Los Angeles, CA



to colleagues you know  
who'd benefit from either  
or both of these  
programs.

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included. Contact her at  
[sgreenleaf@impact-dev.com](mailto:sgreenleaf@impact-dev.com)

me to stay home. The result is that this has become an essential part of my life. Sports psychologists say the secret of fitness is to push yourself beyond normal limits and then be sure you find time to rest and renew. Find a fitness program that you enjoy and being fit will be part of your life.

**Fun.** The billboard displayed in bold letters - "FUN IS GOOD" and under the words were a group of smiling people in a convertible. I couldn't stop smiling because it looked like fun. Fast forward a few years. I have two friends who drive a convertible. Lucky me because they enjoy sharing their pride and joy by inviting me to join them. It is fun because smiles from passing drivers seem to come from nowhere. I imagine it is because the top is down and people are enjoying the same sense of freedom that comes with the sun and wind in an open car. Fun is realizing that recreation and relaxation have a renewal effect and involves something you enjoy doing. FUN IS GOOD!

**Faith.** Having a belief in Something Greater than yourself involves gaining an understanding of the purpose of life: your life. In several of our programs, participants develop a purpose statement. A statement that combines values with direction. A purpose statement reflects a sense of why you are here and the direction you may take to fulfill your purpose. Studies show that through the exercise of faith and a greater sense of purpose, human physiology actually changes. Medical research is finding that these changes lead to improved health, enhanced well-being, and longer life. Develop and live a life of purpose!

**Focus.** It should go without saying that if you focus on what you desire, you'll have everything you could ever want. It sounds amazing but it's true. Most people find it difficult to achieve their goals and live the life they desire. We all get pulled in many directions, but it is up to us to pull back and stay focused on the goal we want to achieve. One of my friends shared a simple mantra: "With focused energy, I can achieve whatever is important to me." And it's true. When I become riddled with doubt or anxiety, I find myself saying this simple mantra and bring myself back to the goal at hand. Try it and I believe you will find it helpful as well.

*Living Your Dash* may include setting boundaries, avoiding interruptions and distractions. It is also having fun with friends and family. All you need to do is get clear about what you want and follow these seven concepts and watch as your dreams unfold!

*Sherry Greenleaf, RCC*

### **Seeds of Success:**

**"How do we keep our inner fire alive? Two things, at minimum, are needed: an ability to appreciate the positives in our life - and a commitment to action. Every day, it's important to ask and answer these questions: 'What's good in my life?' and 'What needs to be done?'" ~Nathaniel Branden**

**"What you choose to focus your mind on is critical because you will become what you think about most of the time " ~Noel Peehles**

***" Life is without meaning. You bring the meaning to it. The meaning of life is whatever you ascribe it to be... I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive."***

*~Joseph Campbell*

**IMPACT Training & Development**

**Cleveland, OH**

**440-899-9010**

[sherry@impact-dev.com](mailto:sherry@impact-dev.com)

[www.impact-dev.com](http://www.impact-dev.com)