



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

Task-Type Hazard Alert

June 2008

A few nights ago, I tuned into part of the Stanley Cup playoffs. The Pittsburgh Penguins are vying for the title, which explains why I would even have turned on the event. The part I watched featured an interview with the young captain of the Penguins, Sidney Crosby. Crosby holds the distinction of being the youngest captain in the history of the National Hockey League and has only played in the NHL since 2005. What impressed me about him in his interview was the wisdom he expressed for such a young player.

During the interview, he was asked what was next for his career and what else he wanted to accomplish. He responded that he had goals and other things he'd like to accomplish but right now, "I want to enjoy the ride. I don't want to miss where I am by focusing too far ahead on other goals." No wonder he's the team captain! He keeps his eye on the prize, focuses on the big picture, yet knows when to live in the moment.

From someone who personally thrives on setting goals and crossing off items on her To-Do list, I took a moment to pause and consider this pearl of wisdom. As I sat on the couch, I was forced to face a hazard of being a task-type - focusing on task after task until it drains the joy out of life. Like a tire with a slow leak, the fun just seeps out of every aspect of life, leaving life feeling flat and serious. I realized if someone in the midst of playing the biggest games of his life can slow down and enjoy the moment, then I could do this in my day-to-day life.

Case in point, I just finished a 3-week project landscaping my backyard. As soon as I completed that, I turned my attention inside, realizing the house got neglected in the mission to finish the yard. Since the yard was off the To-Do list, I jumped into a new project – a complete cleaning of the house. I moved seamlessly from one job to the next without stopping to enjoy the beauty of my backyard. As I did this, I observed my mood became irritable and the urge to laugh disappeared into thin air. Enough of that! Today, the sun is shining, my flowers are in bloom, and the laptop and I are camped out in the middle of it all.

My new mission for the summer is to enjoy the sun, have fun and focus less on the tasks. Whether I am working or playing, I want to enjoy every moment. Not falling into my task-type, results-driven, To-Do List tendencies will be the challenge. Each day, I will need to remind myself by asking, "How can I enjoy today?"

May you find inspiration in the words of a young captain and take time to enjoy the summer. Bask in the sun. Play with your children. Ride a bike. Go hiking. Read a good book. I guarantee the housework will wait until a rainy day.

Attention Business Owners and Managers

Do you need to address any of the following concerns in your business?

- Employee Retention
- Interpersonal Conflicts
- Ineffective Customer Relationships
- Poor Team Performance
- Problem Solving Difficulties
- Vague Goals or Direction
- Low Morale or Team Spirit
- Low Customer Satisfaction

The Peopemap System starts by using The Peopemap instrument, a short personality questionnaire that takes about 10 minutes to complete and is 95% accurate, to measure personality type. The Peopemap is based in positive psychology and focuses on developing natural and learned strengths.

The goal of the Peopemap system is to teach people in a short period of time how to understand and **communicate effectively** with anyone in any situation, such as sales, customer service, team building, or management.

Contact Suzette at 410-757-7326 or Suzette@SuzetteLangley.com to set up a time to meet and discuss your training needs or the challenges that you are facing in your business. Let's explore how the Peopemap System can fit your needs. Additional informational materials and the opportunity to take the questionnaire are provided in the meeting.

Upcoming Events at Big Vanilla Arnold

Cliff Hanging with Dad: A Rock Climbing Adventure for Fathers and Sons **Friday, June 13th, 7:00-9:30pm**

Fathers and sons are busy and often have little time for "just the guys". Instead of the usual routine of video games and eating out, fathers and sons connect in an evening of fun combining indoor rock climbing along with other challenging activities. Fathers and sons will create new memories that last a lifetime in this one-of-a-kind program!

Cliff Hanging with Dad combines the skills of one of Big vanilla's personal fitness trainers and a trained, male Rock Wall Instructor.

Ages: 8 and up.

Fee: \$45 members/ \$55 non-members

2 pairs MUST BE pre-registered to hold this program. Maximum number of participants is 5 pairs.

Cliff Hanging with Dad will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

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