

365 Days of Coaching

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Because Life Happens
Every Day

Coach Rachelle Disbennett-Lee, MCC, MS

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Praise for *365 Days of Coaching*:

“Rachelle’s coaching is incredible. It is the first thing I read every morning to start my day. It is amazing how I need to hear just what she has written that very moment. I am excited to have them in book form to enable me to read my favorites over and over again.”

—Christine Zeiler

Director of Children’s Ministries,
Calvary Baptist Church, Denver, Colorado

“Over the course of my life I have learned that a great part of success is about showing up and paying attention. Rachelle reminds me every morning about paying attention and acting on new insights. I appreciate her unique perspective and positive input.”

—Jackie A Chipman, CPA

“I look forward to reading *365 Days of Coaching* each morning and discovering the nugget of wisdom that each one holds. Rachelle has a wonderful way of putting a new spin on ideas to present them in a fresh and thought-provoking manner which I find very helpful and inspiring. Thanks Rachelle!”

—Pat Morgan

Smooth Sailing—Business & Personal Coaching

“I love *365 Days of Coaching* ! It motivates me when I most need it, and gives me insight in dealing with people and concepts. I couldn't start the day without it.”

—Rita Disbennett, (AKA Mom)

“*365 Days of Coaching* is an unparalleled tool in building a coaching practice, as well as offering powerful coaching concepts to clients. Rachelle Disbennett-Lee has written a book that will be a MUST HAVE for anyone committed to living their lives through developing personal and professional excellence.”

—Dianna Sandoval-Benavidez, LPC, CACIII,
Life Coach/Therapist

“I’d give it three A’s—*365 Days of Coaching* is appropriate, and applicable for anyone.”

—Mary Ellen Merrigan
The Merrigan Group

“Thank you Coach Lee for motivating me each and every day—and for making it seem like you are speaking directly to me!”

—Connie Schroeder
Dr. of Chiropractic

“With enthusiasm and humor, coach Rachele Lee offers practical, daily support for creating and living your great life. Take a few minutes every day to read this book. If you apply just a few of her suggestions, you will be loving your life way more in short order!”

—Ann Strong
Spiritual business and life coach.
Author of *Success Notebook*
www.annstrong.com

“Rachele is an amazing coach. *365 Days of Coaching* provides many opportunities for self development. The daily success formulas are truly insightful and Rachele motivates us to question and think about who we are and the way in which we operate.”

—Bronwyn Bowery-Ireland
CEO, International Coach Academy

Introduction



MY LIFE IS PERFECT and only getting better. This is something I say often but never lightly. However, I have not always felt this good about life, especially my own life.

When I approached my thirtieth birthday, I was filled with dread. I had been married three times. I was working at a dead-end job. I was hopelessly in debt. My life was going nowhere fast, and I thought turning thirty was the worst thing that could happen to anyone. Then, two days before my birthday, my grandmother died. Grandma had been a stabilizing force in my life, and when she died, I felt as if I had been slapped into reality. I knew it was time to make some changes.

I found a spiritual home and began to reconnect with my inner sense of a higher power. This gave me the strength to start taking a hard look at my life. As I began to assess who I truly was and who I wanted to become, I became serious about my education and finished my first degree, a B.S. in Business Administration from Regis University. It took me seven years, five universities and three husbands to finish that degree. Two years later, I earned a master's degree in Management. My career was taking off, and I was promoted five times in five years. I had learned how to play the corporate game.

But I had not yet faced my inner demons. By 1995 I was weighing in at 230 pounds. I drank a twelve-pack of Diet Coke a day and took drugs—legal prescriptions of anti-depressants—to make it through the day. I remember telling my therapist that I no longer wanted to take the drugs but wanted to work on my life and myself so that the drugs would not be necessary. His response was, “People like you don't get better. They commit suicide.”

In spite of his gloomy prediction, I decided I had to take my life into my own hands. Slowly I began to gain back my personal power. I learned that when I felt the most like quitting was when I needed to

hang on the hardest. Most people quit five minutes before the miracle. I made a conscious decision to hang around for the miracle, setting small daily goals and taking action every day.

It was overwhelming to think about all the changes I needed to make in my life. I realized I had no choice but to start small, step by step, day by day. Change does not happen overnight; it is an accumulation of steps taken every day. I started setting small daily goals and taking daily action. I kept a journal to keep track of my goals and progress. I began by setting three small goals for myself each day, three small steps in the right direction. Goals I would set were writing in my journal, reading something motivational and scheduling time to attend a seminar or take a class. My life was not remade overnight, but in time change began to happen and take hold.

I did not have a book to be my daily companion in this change, so I decided to write one. I asked myself the question, "How can I make myself write a book?" The answer came, "Write something every day." That wasn't much of a revelation. The problem was making the commitment and being accountable. I again coached myself by asking the question: "How can I make myself write something every day?" The answer came, "Write a daily e-zine on the Internet so that other people would be out there expecting my daily advice." I started with twenty e-mail addresses of friends, and in just over a year the list grew to over a 1000 people and won the List-a-Day.com Outstanding E-zine Award.

Now the book is born, and with it my life again has been transformed. I am living proof that anyone can take charge and make life changes. When I look at how far I have come, I am amazed. And I know that others can do the same. What I want for you, the reader of this book, is to create your life to be exactly what you want it to be and know that it is a day by day process. Don't worry about being perfect. It isn't about perfection. It's about persistence. If you are committed, persistent, and consistent, you will get to where you want to go. One day at a time.

The beauty of *365 Days of Coaching* is that you can use it any way

you want. Read a day at a time, skim through it and find an entry with personal or immediate appeal to get something relevant for you at the time, or read it cover to cover. It will take you as deep as you are willing to go. I would suggest keeping a journal of your progress, making notes of the exercises you do and the insights that may come from the exercises. The journal is also a great way to track your progress. It is difficult to remember how far we have come. The journal will remind you and support you on your journey. Just remember, this is a process; it will take time. Give yourself permission to take the time you need to create the life you want.

Enjoy,

Rachelle

To Adrian for believing in me, for supporting me,
and most of all, for loving me.

Day 1



One Person Can Make a Difference

WE NEVER KNOW when we'll have a chance to make a difference. In 1985, I met a young woman who changed my life forever. I don't remember her name or what she looked like. We had only a brief 20-minute conversation, but it was a conversation that changed my life.

She told me that when she was my age, 25 at the time, she'd been in a dead-end job, not making much money, and very unhappy. Although she hadn't done very well in high school, she decided to go to college and earn a degree. She'd recently graduated, now had a great job, and was very excited about starting work on her master's degree.

As I sat there talking to this woman, it was as if she was telling my story. I was in a dead-end job and thought I couldn't make it through college. This stranger convinced me I could. The next day, I went to the local junior college and registered for classes. Thirteen years later, I'm working on my third degree. That stranger made a very big difference in my life.

Coaching:

Never underestimate the power you have to make a difference. Every day, you touch the lives of so many people. You never know when you'll change the life of someone you meet. This woman didn't set out to make a difference in my life; she simply showed up and shared her story with me. It touched me in such a way that I was inspired to do something different with my life.

The secret here is that we don't have to do anything special to make a difference. All we have to do is be ourselves. Living by example and being willing to open up and share yourself with others will make the biggest difference to the people in your life, the strangers you meet, and the world.

Coaching Question:

How can you make a difference today?

Coaching Challenge:

Share yourself and your story with someone today.

Daily Success Formula:

One person = Can make a difference

Quote:

“One person can make a difference if she’s willing to shine her light into the world.” Coach Lee

Day 2



Don't Wait to Say "I Love You"

IF YOU WANT TO TELL someone how much they mean to you, do it today. Don't wait to say “I love you.”

In January 1990, I owed my grandmother a letter, but I was very busy and didn't have time to write or call her. As soon as I got some time, I was going to connect with her. Two days before my thirtieth birthday, my grandmother died, and I never got a chance to tell her how much she meant to me.

Coaching:

What are you waiting for? Do you think the people in your life just know how much you appreciate them? They might. But who doesn't like to hear how much they're cared about? Don't wait until it's too late. Tell someone today that you love and appreciate them.

Coaching Question:

Are you waiting to tell someone you love them?

Coaching Challenge:

Contact three people today and tell them how much they mean to you.

Daily Success Formula:

Taking the time + Expressing your gratitude + Saying “I love you” =
Creating connection with others

Day 3


Today Is the Best Day of My Life!!!!

THIS IS MY FAVORITE SAYING. I love to say it because it makes me feel so good and it's true. I don't have yesterday, and tomorrow isn't promised. Today is the best because it's all I have and it's right now. I also love saying it because it really causes a stir. People ask me if it's my birthday or anniversary or they tell me I don't have much of a life if this is as good as it gets. They just don't get it. Today is simply the best because it's the moment I'm in.

Coaching:

Try it. Just say, “This is the best day of my life!” It'll make you feel great, and it'll astound those around you. Saying this also sets up an attitude of gratitude. Appreciating what you have and being thankful for it creates the energy that attracts more of what you want in your life. You'll soon realize that every day is the best day of your life and that it's only getting better.

Coaching Question:

What will it take for you to say, “This is the best day of my life”?

Coaching Challenge:

Practice saying “This is the best day of my life.” Notice the reaction

from others and how it feels to say it. Keep practicing until you can say it and believe it.

Daily Success Formula:

Gratitude + Attitude + Perspective = Best day of your life

Quote:

“This is the best day of my life, and it’s only getting better.”

Coach Lee

Day 4



Do You Need to Be Right?

I’M A FIRM BELIEVER that there are different levels of each lesson we need to learn. I thought I had pretty much gotten the one about not needing to be right. Now I realize that I was pretty smug about the fact that I didn’t need to be right. I recently learned that I still have some work to do in that area.

I was having a conversation with a friend about a recent political situation. As the conversation moved along, I felt myself getting really irritated at my friend. She was really stuck in her opinion and couldn’t see any other way. If she just gave me a chance, I knew I could get her to see how my opinion made more sense. In other words, how she was wrong and I was right.

But once I realized that she wasn’t right or wrong and neither was I, I was able to open up and hear her perspective and honor it. It didn’t change my mind, but it freed me from having to prove anything and took a lot less of my energy.

Coaching:

Would you rather be happy or right? Once we give up the need to be right, we can be more fully present in the moment. Shifting from the

perspective that to be right others have to be wrong is freeing. We all have the right to our own opinions. We don't have to agree with someone else's opinion for them to be right. What we think is right for us, and what others think is right for them. In that process, we can come to an understanding and focus on what's really important, and that's making a connection with another human and honoring him for who he is. What could be more right?

Coaching Question:

Where in your life are you hanging onto the need to be right?

Coaching Challenge:

Practice letting others be right. You don't have to agree with what they're saying; just allow them to be themselves and have their own opinions. Allowing others to have their opinions without needing to change their minds allows for deeper connections in relationships. Giving up the need to be right allows us truly to be with the other person and enjoy them for who they are, not because they agree with us.

Daily Success Formula:

Needing to be right = Cutting off the ability to connect with others

Day 5



Energy Vampires

HAVE YOU EVER BEEN around people who drain your energy? They seem to be in crisis mode most of the time. Their life is a drama, and they want you to play a part. Those people are the Energy Vampires. They literally suck your energy from you. Being around them is a drain and a strain. My grandmother used to say, "Misery loves company," and she was right. People who love to complain love to have someone listen to them. Negative people like other negative people.

Even if those people around them aren't normally negative people, Energy Vampires have a way of turning them into complainers, too.

Coaching:

Run from Energy Vampires. Don't let them suck your energy and influence you negatively. Negative energy is powerful and can be addictive. That's why it's important to have strong boundaries. If some people in your life are Energy Vampires and you can't escape them, let them know that their behavior is unacceptable to you. If they continue to act that way, let them know that you will leave the room as long as the behavior continues. If they still refuse to stop, remove yourself from the situation. You can't change other people, but you don't have to subject yourself to destructive influences.

Coaching Question:

Do you have an Energy Vampire in your life?

Coaching Challenge:

Set clear boundaries about the behavior that you'll allow in your presence. Once you set the boundaries, communicate them to others. Then it's up to them to decide if they're willing to honor your boundaries. If not, they can choose not to be around you.

Daily Success Formula:

Energy Vampires = Energy Drains

Day 6



Winning Doesn't Always Mean Coming in First

SO OFTEN WHEN WE THINK about what it means to be a winner, we think about the person who came in first and took the trophy. That isn't the only sign of a winner.

Ten years ago, I decided to take up running. I've never been very athletic; in fact, I was born with a clubfoot. That problem was corrected with braces and I walk fine now, but I was never a candidate to be a runner. Still, I decided to take up the sport. My third race was a cross-country race. It was only a 5K, but it was through the woods and up hills. It was a difficult race for me at best, and I finished last. In fact, by the time I completed the race, the finish line had been taken down. The only sign that the race had taken place was my husband standing where the finish line had been. Was I a loser that day? No. I did something that was quite difficult for me, and although I wanted to give up several times, I didn't. I knew that I had defeated my own fears and limitations, and that meant I was a winner.

Coaching :

When it comes to the human race, you're the only one who matters. Don't look to others to see how you're doing. Set your goals high and strive to achieve them. Then work on outdoing yourself.

Coaching Question:

Do you know that you're a winner?

Coaching Challenge:

Make a list of all the times that you didn't give up in the face of a challenge, the times you did something that you were afraid to do or the time you were successful at something that everyone said you couldn't do. This is your personal list of wins. You may not have

received a trophy, but you're a winner nonetheless. Keep this list handy for the times when you need encouragement and reinforcement.

Daily Success Formula:

Winning = Not quitting

Day 7



Going Timeless

ONE FRIDAY AFTERNOON, the power went out. It stayed off for only a few minutes, and when it came back on, all the electric clocks in the house were flashing. I was busy at that moment, so I didn't reset them. When my husband came home from work that evening, he didn't reset them either. We went all weekend without knowing what time it was. It was great getting up when we wanted to, eating when we felt like it, just doing whatever without knowing if it was the right time or not.

I understand that we live in a society that runs by the clock, and to keep up with our appointments and commitments, we need to know what time it is. But sometimes, just for the freedom of it, doing things without time can give us a different perspective on life. It lets us trust our own internal time clocks to do what we need to do.

Coaching :

Time is something that humans have created to manage and control our lives. That doesn't mean we can just throw out the Timex and live without any regard to what time it is. Our society isn't set up that way. But I also find that as much as time can be helpful in keeping things running, sometimes it can begin to run us.

To give ourselves a break from the time crunch, it helps to go timeless once in awhile. This allows your own internal time clock to take over, providing you an opportunity to go with the natural flow of life.

Coaching Question:

Are you ready to go timeless?

Coaching Challenge:

Just for the fun of it, go one whole day without wearing a watch or sneaking a peek at the clock on the wall. Just do the day based on your own internal time. You'll gain a new perspective on life and begin to notice how controlled we are by this thing called "time."

Daily Success Formula:

Going timeless = Creating your own sense of time

Day 8



Give Yourself a Gold Star

DID YOU EVER GET A GOLD STAR when you were in school? Do you remember how much that meant to you? Why not recreate that feeling and give yourself gold stars? Simply buy a pack of gold star stickers, and every time you do something that calls for a sticker (perhaps completing a project, helping someone else get something done, or just making it through a rough week), give yourself a gold star. Put it on your calendar or in your planner or diary. When you look through your calendar and see all those stars, you'll be reminded of just how great you really are.

Coaching:

Everyone likes recognition, but we don't always get enough from others. Don't wait for others to recognize you; give yourself some due recognition. Buy a pack of gold star stickers and start rewarding yourself for the great job you're doing.

Coaching Question:

When was the last time you received a gold star?

Coaching Challenge:

Buy a pack of gold stars this week and begin rewarding yourself for your accomplishments. It may sound foolish, but when you look at your collection of gold stars, they'll remind you of everything you've accomplished.

Daily Success Formula:

Gold star = Personal recognition

Day 9


Fear of Looking Foolish

MOST OF US ARE AFRAID of looking foolish. We dread the thought of doing something that will make us look less than perfect. However, to be human is to be foolish. It comes with the territory. When we release our fear of looking foolish, we free ourselves to be real and to be who we really are.

We've all had times when we felt foolish. Even in times when things don't go so well, we can still come out like a shining star if we know how to handle those less-than-perfect times. The best way, in my opinion, is just to acknowledge that you did something foolish. Get it out in the open, have a laugh, and move on. Humor is a great way to dispel the feeling of being foolish. Simply say something like, "I like to wear my soup in my lap." Then laugh. Keep in mind that whomever you're being foolish in front of is human, and there isn't one person who hasn't been foolish sometime.

I've felt foolish many times. One time in particular stands out in my mind. I was working in Cincinnati, Ohio. I had about a mile walk from the parking garage to the office. On this particular day, it was

below zero, so I wrapped my scarf tightly around my face so that just my eyes were exposed. I got into the office early, and the only other person there was my new director. I unwrapped my scarf and had a ten to fifteen-minute conversation with her. Afterward, I walked into the bathroom and almost died. Staring back at me in the mirror was someone who looked like a raccoon. My mascara had run because of the heat of my breath under the scarf and had made two very black circles around my eyes. I wanted to cry. I was so embarrassed to think I'd just spent time talking to my new director looking like a freak, and she hadn't said a word. At that point, I figured there was nothing I could do about it, so I cleaned up my makeup and went on with my day.

Coaching:

Release yourself from the fear of being foolish. Know that there are times when it will happen. Use humor to deal with it and move on. Whatever you do, don't let the fear of looking foolish stop you from doing what you want to do.

To my knowledge, no one has ever died from looking foolish. Yes, it bruises our egos, but it does little other damage if we don't let it get to us. Looking foolish is all part of being human. There's a lot to learn in taking risk and not being perfect. Don't let the fear of making mistakes and looking awkward stop you from taking risks and living life to the fullest. The ability to look foolish without being a fool comes with practice.

Coaching Question:

Are you afraid to look foolish?

Coaching Challenge:

Think of a time when you looked and felt foolish. What was the result of that event? What did you learn? How can you use that experience to give you the courage to keep on taking risks and trying new things?

Daily Success Formula:

Looking foolish = Willingness to try new things + Taking risks + Self-confidence

Day 10



What You Focus On Expands

WE ARE WHAT WE THINK. What we focus on expands. That's the way human beings create. Our thoughts create who we are and what we have. If we think that we don't deserve something or that we're stuck doing what we're doing, then we're right. We keep ourselves stuck by focusing on what we don't have and what we don't want. If we want to make changes in our life, we need to start with changing our thinking and what we focus our thinking on.

Focusing on what we want in our lives instead of what we don't want is a powerful way to begin attracting what we want. Our thoughts are like magnets, and they draw to us whatever it is we're focusing our energy on. If we're focusing on how miserable we are or how little we have, the magnet of our thoughts will draw more frustration to us. If we shift our thoughts and focus to what we want and we begin to visualize something different, the magnet of our thoughts will draw that to us. This is a universal law that works even if you don't believe it. If you need proof, look around and see what you have in your life and how that matches up with your thinking.

Coaching:

We radiate our inner feelings and thoughts to the world whether we verbalize them or not. What we focus on expands in our awareness and manifests itself in our experience of life. Unfortunately, most of us are more apt to spend our time focusing on what's wrong with our lives than on what's right. Research shows that over 84 percent of our thoughts each day focus on the negative aspects of our lives.

If we want to make changes in our lives, we need to start with what we're thinking about. If we're focusing on the negative most of the time, it's no wonder that our lives are not the way we want them to be. To make changes, we must first become aware of what we're focusing our thoughts on and shift that focus. Each time we have a negative thought, we must replace it with a positive one. We can't simply erase the negative thought. We must replace it with something more desirable. We can change our lives in a second by changing our focus and thoughts.

Coaching Question:

What are you focusing your thoughts on?

Coaching Challenge:

This week, monitor what you're focusing your thoughts on. Notice how much you're focusing on what you don't want and begin to shift your thoughts from the negative to the positive.

Daily Success Formula:

Focus + Thoughts = Creating our lives

Day 11



Everyone Has a Calling

EVERYONE HAS A REASON for being here. Our calling in life goes beyond what we do, what our friends and family think we should do, or even what society thinks we should do. Our calling is that thing in life that beckons us to be our best. When we're living our calling, we know it by the way it makes us feel inside.

Our calling goes beyond a job description. Many people have the same job description, but each person has a different calling. Your calling may relate to what you do for a living. If it does, that's wonderful.