



February 2010 – Jack Is Back. In Real Time.

My favourite TV show is 24 – and the new season just started in Europe and started a couple of weeks ago in North America.

For those of you who don't know it here's a summary: 24 is a spy, action thriller revolving around Jack Bauer, who works with the US government as it fights fictitious terrorist threats, He saves both civilian lives and government administrations, seemingly single-handedly, often at great personal expense. The story is presented in real time – meaning the exact time of the story action would be equal to the time it takes to view that action so there's a clock in each episode showing the time elapsed, even reflecting the time it takes for the TV commercials to air. That means the 24 episodes broadcast in the year equate to 24 hours in one day. It started airing in 2001 and is currently in season 8 or Day 8 as they call it.

What does this have to do with me, you, coaching, living your potential or *DIRECTIONS*? LOTS!

As I was watching the opening 2 hours of Day 8 last week I couldn't help noticing the messages within the show that I strive to practice in my life and encourage clients to follow in theirs:

1. Every minute of your life is passing regardless of what you're doing – make each minute count
2. Focus on the big priorities
3. Live boldly, feel the fear and do it anyway
4. Strive to make a positive difference in the lives of others
5. Live each day as if it were your last
6. Know what's important to you and live those values with integrity
7. Continue to push yourself to be better by being *pulled* toward a bigger purpose
8. Trust your intuition, follow your heart
9. Have some trusted friends and family you can lean on
10. Believe in yourself – and back that up with good training so you have the skills
11. Work for people you respect
12. Love your country

And who says all TV watching is a waste of time?

What will you do today to live your life like Jack in Real Time?

Live your potential!

Anne Taylor

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