



## The Personal Coach BULLETIN

balance through partnership

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### Remembrance Day Special

## Remembrance Day

### "Honour Their Memory By The Way That You Live!"

Remembrance Day is just two days away. It is the one day a year that we are "officially" asked to remember and show our respect and gratitude to the men and women of our military who so many years ago and even today in Afghanistan have made and are making sacrifices in defense of freedom. If we do in fact take a few minutes from our busy schedules to remember these courageous men and women, tens of 1000's of whom lost their lives, I don't know about you but for a long time I always managed to feel some guilt, even disappointment in myself at this time of year for my lack of remembrance throughout the rest of the year.



It wasn't until I founded and named The Winnipeg Rifles Junior Football team after the Royal Winnipeg Rifles Regiment founded in 1883, that I finally came to realize how I could easily remember and pay tribute to them every day of the year! As the team began play in the Canadian Junior Football League, I thought to write a "battle anthem," and came up with; "HONOUR THEIR MEMORY BY THE WAY THAT YOU PLAY," and posted it outside the dressing room so that the players would see it each time they went out onto the field.

Freedom is the quality or state of being free: as in the absence of necessity, coercion, or constraint in choice or action (Webster).

Choice and action are the two words that make it possible for me to honour their memory throughout the year by making the most of every day in the choices I make, by living my life with integrity and purpose, loving my family and giving of myself to my community.

I believe those who died in defense of our freedom would be pleased and feel honoured to see that I was trying to live a purposeful life. Naturally, I get off track sometimes but now after all that my life has presented me in the way of opportunities for growth, I get it right more times than I get it wrong. I have always believed that actions speak louder than words and by "doing" the right things for ourselves, our families and our communities everyday, we do a great service to the living and to the dead.

"So when you strap on the pads, put your helmet on and burst through the door to start your day, no matter how many times you get hit, drop the ball, get tackled for a loss and at times even get flagged for a minor infraction, do not relent, keep going, keep living your life, be true to yourself because every once in a while you will score a touchdown....and always, always remember."

~ Jim Ladd



James Ladd, Coach

## ACHIEVE BALANCE THROUGH STRATEGIC COACHING

### One on One

One on one service to achieve balance.

### Group Sessions

Workshops and seminars for the Workplace.

### Self-Study

Guides you can do on your own.

~ Coach Ladd

If you are interested in investigating the possibility of having your own personal coach, please contact me for a one hour exploratory session at no charge!  
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or 782-1362

## Lest We Forget

