



ReLaunch!

Love your work. Love your money. Love your life.

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Dear ReLauncher

Who says getting older is a bad thing? This weekend my wonderful husband threw a surprise party for me --- and I was truly and totally surprised. There I was in my old jeans with the knee ripped out, weeding the flower bed in front of our house when a carload of friends arrived to help me celebrate another milestone. Surprise! Jack barbequed chicken and burgers and our lovely friends provided yummy side dishes for a birthday feast. What fun! I'm so blessed to have such a thoughtful hubby and terrific friends.



Yes, I'm another year older but I don't see that as a negative. No siree, I'm looking forward to the future. The great thing about growing older is that each year seems to bring new opportunities to stretch and grow. Haven't you noticed that too?

Women over 40 -- this is OUR time! Time to follow our interests and go after our dreams. Time to deepen our friendships. Time to explore, discover, and learn. Time to try something new. Time to step up to the plate and grab hold of the opportunities right in front of us.

That's what this week's feature article is about -- OPPORTUNITIES! They are all around us. We just have to open our eyes and look for them.

A great big Welcome to all the new subscribers who've joined us. I'm so glad you're here. We're all on this journey together so stay tuned to ReLaunch! for tips, tools, and resources to help you love your work, love your money, and love your life.

P.S. Don't forget to check out my blog at www.thelaunchyourlifecoach.wordpress.com

Tune in to my BlogTalkRadio program, ReLaunch Your Life, every Monday at 10 AM (CST) www.blogtalkradio.com/relaunchyourlife

This Week's Featured Article

Are You Letting Opportunities Pass You By?



"You can't teach an old dog new tricks." Who hasn't heard that old saw? Well, to that I say, "Baloney!"

All of us have the capacity to learn and to make the most of our opportunities, no matter how old we are. The key to living an inspired life is to keep learning. Broaden your outlook. Get curious about what's going on around you. Ask questions. Talk to new people. Don't allow yourself to stand still and let life pass you by. Act on the opportunities that come your way.

What do you still want to do with your life? Come on, be honest with yourself about this. We all still have things we want to do. What do you really, really want to do? Deep down inside, you know. Write it all down on a big piece of poster board (you need LOTS of room for all you want to do, now don't you?). This list is just for you so think boldly, dream big, be courageous.

Here's where it gets more exciting. Here's where the opportunity part comes in . . . once you KNOW what you want, you begin to see ways to make it happen -- if you look for them. Little things. Big things. Casual conversations often lead to new ideas, new contacts, and yes, new opportunities. Articles related to your goals suddenly seem to appear on your radar screen. Start paying attention and you'll start seeing opportunities.

Are you ready for the hard part? This is the part that trips up so many women. Once you KNOW what you want and start seeing opportunities, YOU HAVE TO TAKE ACTION. What does that mean? Be willing to do what it takes to reach your goals. Stop just wishing for things to happen. Stop just wishing that you were living your dreams. Start doing. And start today.

Commit to taking the steps you know you need to take. Do what's necessary despite your self-doubts, fears, and insecurities. Everyone has opportunities. Most people don't take advantage of them.

Successful people act, in spite of their fears. Successful people don't stop because of them. The rest let the "Big Fat Bully in Their Brains" talk them out of following up on great ideas and wonderful opportunities.

Don't let any of your opportunities simply evaporate because you're too scared or too indecisive to act. Focus. Investigate. Research. Follow up. The opportunities are there when you look for them.

Your ReLaunch Assignment

- 1) Focus on what you want. 2) Pay attention to the opportunities that come your way. 2) Be willing to do what it takes to reach your goals.

I dare you -- no, I double dog dare you! -- to make that list of things you still want to do with your life. Then look for an new opportunity every day for the next 30 days to gather information, learn, network, make new contacts. Find a way to move a little closer toward what you really want your life to look like.

In just one short month, I'll bet you'll be amazed at what you find waiting out there for you. What opportunities will you embrace in the next 30 days?

Still trying to figure out what you really want? Not sure how to create the life you were meant to live?

Do you want to work at what you love, but you're just not sure where to start? The solution is simple. Just give me a call.

I'll help you get started and teach you ways to tap into the opportunities all around you. Call me today at (931) 438-8343 to schedule your complimentary 30-minute session.

You don't need to struggle all alone anymore. You can love your work, love your money, and love your life again.



Divas Who Dare

Out with the old, negative definition of a Diva! It's time for a whole new approach. Here's my brand-new definition of a Diva:

"a woman who creates her own inspired life by following her dreams and living with passion, purpose, and enthusiasm."



I'm pleased to introduce you to Lisa Gundersen-Umansky, founder of Polka Dot Pound Cake, and this week's Diva Who Dares. In her 20's, Lisa had a dance studio and loved all the aspects of being in business for herself. When her first daughter was born twelve years later, Lisa decided to hang up her tutu in order to stay home with her little girl. A year later, her second daughter was born and Lisa says, "Soon a favorite afternoon activity for the three of us was baking."

Fast forward ten years. Lisa knew she wanted another business, but what? In an "ah-ha" moment, she realized the answer was right there on her kitchen counter -- Banana bread! Pound Cake! Delectable baked goodies! A year of intensive research (which included sampling trips to several bakeries in Manhattan) convinced Lisa that there was definitely room for her gourmet products using farm fresh ingredients, no added preservatives, and no ingredients you couldn't pronounce.



Inspired by memories of her Norwegian mother's baking, Lisa created her signature line of delicious baked-to-order treats. Her company name, Polka Dot Pound Cake, is a tribute to her mom and the polka dot ribbons her mother used to decorate the dresses Lisa wore as a child.

Lisa's advice to other women eager to start their own business?

"Concentrate on what you have to gain instead of your fears. This is your opportunity to fulfill a dream. Visualize your goal. Take small steps and keep moving forward. Organize your time and put yourself on the "to do" list. Get support for your goals. No one succeeds alone."

Be sure to visit Lisa's website, www.polkadotpoundcake.com. Her delectable cakes make great holiday gifts -- or perhaps a yummy treat just for you.

Resources You Can Use

- Do you have a fabulous idea for a product that pet owners would love? Want to know what kind of competition you might have or what other types of products are available? Check the American Pet Products Association web site for industry trends. http://www.americanpetproducts.org/press_industrytrends.asp
There is a way to make money from just about any interest and here's an unusual and successful one. Repercussions Cymbal Vault specializes in quality vintage drums, cymbals, and more. Check out their website as an idea sparker. http://www.repercussions.org
I've often said that looking for problems is a great way to identify potential income streams. As you know, obesity and weight issues are pretty common today. Lots of folks love the idea of bicycling for health and fitness, but for those over 225 pounds it's tough to find a bike that can support them. Enter Super Sized Cycles, http://www.supersizedcycles.com, which makes sturdy bikes guaranteed to support up to 550 pounds. Can you think of other products or services that can be adapted for plus-sized customers?
If you're not quite ready for individual coaching, but know you want to start creating the life you were meant to live, my ReLaunch Your Life Home Study System may be your perfect solution. It's a self-paced system that will help you figure out what you really want your life to look like, recognize potential income streams based on what you love doing, and help you build a solid step-by-step action plan so you can implement what you've learned immediately. Your investment -- less than the cost of lattes for a month! Just \$77.00! Order it today at www.relaunchyourlifecoach.com. And, I'm so sure you'll love this system that it comes with my personal 100% money-back guarantee.

Where Is Bonnie?

- Nov. 18, 2010 Silver ReLaunch Teams meet
Nov. 19, 2010 I'm being interviewed on Kate Sanner's radio program, It's Our Turn
Nov. 22, 2010 On the air with ReLaunch Your Life, 10 - 11 AM CST.



Bonnie Pond is the founder of ReLaunch Your Life, a company devoted to helping women over 40 who are unhappy, stuck, stressed out, or just plain bored silly in their J-O-B-S. She helps them find ways to move from exhausted, overwhelmed employee to successful, enthusiastic entrepreneur. As a licensed Profiting From Your Passions coach, she teaches her clients how to tap into their interests and passions so they can enjoy more freedom, more joy, and more abundance in their lives. Through her group and private coaching programs, workshops, retreats, and products, Bonnie gives women the tools they need to love their work, love their money, and love their lives again.

We are continually faced with a series of great opportunities brilliantly disguised as insoluble problems. - John W. Gardner

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