



Dear Career Changer

Stuck at a mind-numbing, stressful job that doesn't feed your soul and sucks the life right out of you? Ready to make some changes so you can create the life you were meant to live? Are you a midlife woman who's still trying to figure out what you want to be when you grow up? This newsletter is for you! It's designed to give you a bit of inspiration, a little nudge to get you moving, a place to visit for fresh ideas and success stories.

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.therelaunchyourlifecoach.wordpress.com.

This Week's Article



Stop Letting Fear Stand In Your Way

Are you letting any of these excuses get in the way of your dreams? I can't because I don't have enough money. Not enough time. Too old. Too young. I can't because (you fill in the blank). All of these excuses are simply fear in disguise.

There's fear of failure, fear of the unknown, fear of rejection. How about too little confidence in our abilities? Yep, that's a good one too. Oh, let's not forget perfectionism. If you can't do something perfectly, then why bother to do it at all? The list goes on and on. It's time to say "enough" and stop making excuses.

Everyone experiences fear at one time or another. We've all been there, done that. The truth is that our scary thoughts are usually so much worse than the reality. When I start a big project or try something new, self-doubt and fear surfaces. But here's what I know --

Waiting doesn't work. Fear doesn't just disappear on it's own. Waiting for everything to be "just right" doesn't work. The time will never be perfect. The only thing that works for me is getting into motion. Taking action. Staying focused on my goals instead of what I fear and pushing ahead.

Got a case of **"fear-and-excuse syndrome?"** **These three steps work for me and will work for you too:**

1) Be crystal clear on what you want. Then begin. No wishy-washy commitments allowed. If you really want something, you've gotta be willing to put in the time and effort to make it happen. Changing your life for the better is a journey, not a day trip. Where you are right now is just the starting point, not the finish line. If you're fighting an illness, involved in a miserable relationship, or bogged down in a rotten job, you're not stuck there forever -- unless you never begin.

2) Write your goal down WITH A DEADLINE and post it where you see it every day. A deadline builds in some accountability. With no accountability, it's too easy to keep making excuses for not doing what needs to be done. Having my goals where I see them every day gives me the little shove to keep moving, even if fears start creeping in.

3) Take action EVERY SINGLE DAY. Have a NO EXCUSES APPROACH. I know that it's up to me to move ahead. No one can do it for me. There are times when I'm not feeling particularly inspired, when money's a little tight, or I'm super-busy, but that's no excuse not to do SOMETHING. My action steps might be giant leaps some days, baby steps other days. The key is action every day.

If you want to change your life, you have to commit to taking at least one step toward your goal every day. Then, do it! No excuses!

Your ReLaunch! Assignment

1) What's one action you can take today to start moving toward the future you want?

2) What can you do today, with what you already have?

3) What can you begin where you are, no matter what your circumstances are right now?



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."**

Are you a **Diva Who Dares** to live her life fully? Do you dare to step into your own magnificence? Do you dare to use all your gifts and talents? Do you dare to live your dreams?

Each week I'll feature a **Diva Who Dares** -- and that could be YOU! What are your challenges? How are you stepping up and stepping in to your inspired life? Are you starting a new business or making a life transition? What are your dreams and goals? Email me at Bonnie@relaunchyourlifecoach.com with your story. I'd love to hear from you!

Still not sure about what you want for the next chapter of your life? Ready to leave your job misery behind and create your own business following your true interests and passions? I'm here to help.

Contact me at Bonnie@relaunchyourlifecoach.com to set up a complimentary consultation to help you figure out where you want to go next and how to get there.

Resources You Can Use

Want some great tips on ReLaunching Your Life from inspiring women around the country who have done just that? Tune in to my blogtalkradio program, **ReLaunch Your Life**, to hear interviews with amazing women dancing in the sunshine of all that life has to offer.

Go to www.blogtalkradio.com/relaunchyourlife every Monday from 10 to 11 AM. Can't listen in live? No problem. All shows are archived so you can catch them at your convenience.

My guest on August 23 is Sally Evans, creativity coach, author, and artist. We'll be talking about letting go of your inner critic and using your creativity to create the life you want. Don't miss it!

Have you grabbed your **F*R*E*E** copy of **ReLaunch Your Life -- Seven Ways to Get Started Today?** It's filled with tips to help you love your work, love your money, and love your life. Hop on over to my website, www.relaunchyourlifecoach.com, and get yours today.

Are you a crafter who's looking for a place to market your creations? Here's a link to over 20,000 festivals and arts and crafts shows and over 10,000 music events. It's a good place to look for venues to sell your items. <http://festivalnet.com>.

Where Is Bonnie?

Sept. 10 - 11, 2010 Alabama Women Expo, Madison Square Mall, University Drive, Huntsville, AL. She'll be a featured speaker at 4 PM on Sept. 10.

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