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**ReLaunch!**

Love Your Work. Love Your Money.

Love Your Life.

ISSUE #19  
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Dear ReLauncher

It's 2011! A brand New Year! Jack & I enjoyed a gourmet champagne brunch with friends on New Year's Day, then "unplugged" from work for a couple of days to just hang out and relax. It was great to have a little "down time." Now I'm rested up and rarin' to go!

I hope that the New Year started in a fabulous way for you too, and that you're inspired by the opportunities awaiting you in the next twelve months.

Have you set your intentions and goals for 2011 yet? What do you want to have in your life this year that wasn't there in 2010? No, I don't mean just a bunch of stuff you want to buy.

I mean the really important things -- family, health, career, friends, relationships, spiritual pursuits, volunteering for a good cause -- whatever has meaning and purpose for you. What changes do you want in those areas? And how are you going to make them happen in 2011?

This week's feature article walks you through how to set goals that you'll actually achieve, instead of resolutions that are quickly forgotten.

Have I set my goals for this year? You bet I have! I'm really jazzed up (and to tell you the truth, just a bit scared) about the Big Goals I'm working on in 2011. Lots of exciting plans in the works for ReLaunch Your Life that will require me to step even further out of my comfort zone to stretch and grow. Yes, that's a bit scary but wow! It will be soooo worth it!

And that's what I encourage you to do too. Think BIG. Live up to your full potential. Don't let your familiar comfort zone hold you back one minute more.

*To Your Dreams and Your Success,*

**Bonnie**

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*Welcome to all new subscribers who've joined us this week. I'm so glad you're here. We're all on this ReLaunch journey together and it's quite an exciting ride. If you have a friend that you think would enjoy this newsletter, please feel free to forward it.*

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*I would rather regret the things I have done than the things I have not. -- Lucille Ball*

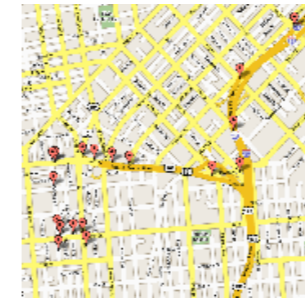
## No More New Year's Resolutions!

It's 2011. A New Year. A fresh, clean slate. Time for making resolutions, right?

**WRONG! Resolutions are all those things we say we're going to do at the beginning of every year and by the middle of January, we've broken or forgotten most of them.** Then we feel bad because we didn't change our ways, we didn't lose weight, become a better person, or whatever it was we swore we were going to do THIS YEAR.

So, my New Year's Resolution is not to make any. And I hope you'll do the same. Am I saying you shouldn't strive to improve yourself? Of course not! But **instead of making a bunch of vague resolutions, set some goals instead.**

What's the difference? Think of a goal as a kind of road map. It guides you to a your destination and gets you there without getting lost and off the beaten track. **A goal is specific. It can be measured. It's realistic. And it has a deadline or target date to shoot for.**



Let's say two friends, Sally and Sue, make these statements on January 1st.

Sally -- " I'm going to lose weight this year."

Sue -- "I'm going to lose 10 lbs. by June 1st and I'll do it by exercising for 45 minutes three times a week and making healthy food choices instead of eating so much junk food."

Which one do you think has a better chance of success? Sue, of course.

**To increase your success rate, choose just 2 or 3 goals, instead of making a huge list.** A few goals are manageable; a gigantic laundry list isn't. Concentrate on what YOU can control. Make sure the reasons you want to achieve each goal are so compelling, so inspirational, so powerful that you'll stay motivated until you get there.



**The SMART System will help you create goals, not resolutions.**

**S = specific** -- What do you want? Why do you want it? How will you make it happen?

**M = measurable** -- How will you know you reached your goal? Make it concrete.

**A = attainable** -- Your goal needs to make you stretch, but don't set the bar so high it's impossible to reach. You have to feel like you really can do it -- if you make the commitment and put in the effort.

**R = realistic** -- Is your goal something that you will actually work toward? Is it something you can control? Do you truly believe you can accomplish it? (Realistic doesn't necessarily mean simply or easy.)

**T = time-bound** -- What's the deadline for reaching your goal? You need a definite date to aim for, not a vague "one of these days" target.

OK, you've got 3 goals. Now what?

## Your ReLaunch Assignment

- **Write your goals down. Put them where you'll see them every day.**
- **Take at least one action -- every day -- that moves you closer to your goals.**
- **Find an accountability buddy, someone you trust to share your goals with. Check in weekly. What did you accomplish this week? What are you going to do next week? Make sure your accountability partner takes a "no excuses" approach and doesn't let you backslide.**

There's nothing like knowing that you'll have to report your progress to someone else to keep you moving ahead, even when it's hard. I know you don't want to say, "I didn't do anything this week," now do you?

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*If you need some help setting achievable goals to create the life you were meant to live, I'm here to help. Let's set up a **complimentary laser session** -- no obligation, no strings attached. Yes, really, **absolutely free**. Contact me today at [Bonnie@relaunchyourlifecoach.com](mailto:Bonnie@relaunchyourlifecoach.com) to make your appointment. Take the first step toward creating the life you were meant to live and do it TODAY.*

## Resources You Can Use

• If you've ever toyed with the idea of becoming a professional clown, here's a great link to investigate. (No, you don't have to run away and join a circus to work either part-time or full-time as a clown.) At this site, you'll find information on how to be a clown, how to make a costume, where to get training, and income-producing opportunities. <http://hubpages.com/hub/How-to-Become-a-Professional-Clown>

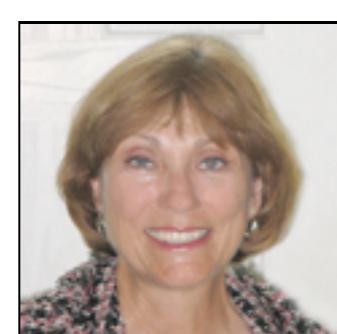
• Thinking outside the box can be extremely lucrative. For a totally unique way to have fun and create your own career, take a look at The Ultimate Taxi. This Aspen, Colorado business has been around for years and is the brainchild of Jon Barnes. He's outfitted a 1978 Checker cab with an amazing array of cool stuff -- and tourists love it! <http://www.ultimatetaxi.com/faq.htm>

• I just completed a 3-part series on ReLaunch Your Life, my Blog Talk Radio program that I think you'll love. The series takes you through figuring out what you want to be "when you grow up," where to look for income ideas and opportunities, and wraps up with strategies for setting goals. Visit the archives for Dec. 20, Dec. 27, and Jan. 3 to listen. <http://www.blogtalkradio.com/relaunchyourlife>

## Just For Fun

I encourage everyone to add more fun and a little bit of whimsy to your life in 2011. Lighten up and enjoy the journey. Try something new just for fun. You never know where it may lead.

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I'm venturing into new territory this year to add even more fun to my life. I'm thrilled to announce that I'll be joining Vintage Allies Variety Broadcasting (VAV!), <http://www.vintageallies.com/>, every month as "Kitty Etiquette." VAV! is an online magazine bringing very classic vintage to you in a most amusing back-to-the-future way. I'll be writing about vintage correctness, etiquette and manners -- too much fun! Stop in for a visit soon, dahlink, and check out the articles on all things vintage.



**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 to create multiple income streams doing what they love. Bonnie shows 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.

*The grand essentials of happiness are: something to do, something to love, and something to hope for. --- Allan Chalmers*

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