



# ReLaunch Your Life

**ReLaunch!**

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

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ISSUE #2

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Dear Career Changer

We're enjoying some cooler weather here in Tennessee along with lower humidity levels. (I'm really grateful for that because I sort of wilt when the humidity peaks.) It's still August, but there's already a promise of fall in the air. In a few more weeks, the leaves will begin their brilliant autumn display but for now, summer lingers.

Between running a business and taking care of our 8-acre "mini farm," there's never a dull moment. And there's always something that needs to be done, especially at this time of year. It's awfully easy to get caught up in the "gotta get it done right now" mentality and never pause to savor the moment.

That's why we make it a point to slow down and enjoy the beauty all around us every day. It's still warm enough to sip our morning coffee on the patio and watch the butterflies flit from zinnia to zinnia. We chuckle at the antics of the hummingbirds as they argue about who should be first at the feeder. These little moments remind me that although there's still plenty of work to do, it's important to stop and appreciate the present.

And that's what I hope you'll do this week. Slow down. Spend a few minutes outside enjoying nature. The work will still be there waiting for you, but maybe you'll return to it a bit more relaxed, a little more refreshed.

**A great big Welcome to new subscribers. 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.therelaunchyourlifecoach.wordpress.com](http://www.therelaunchyourlifecoach.wordpress.com).

## This Week's Article

### Growing To Meet Your BIG Dream

**Ever had a really BIG Dream but you just didn't know where to start, what it would take to achieve it, or even if you had what it takes to reach it?** Well, welcome to the human family! That's what happens when we dare to dream BIG . . . sometimes we're uncertain and uneasy. Sometimes our self-confidence disappears. There are no visible guideposts, and no handy roadmaps. No guarantees.

**You have to take that first step in faith and figure things out as you go along.** You don't have to know all the answers right now. You just have to get started. Having a dream is powerful. It challenges you to go beyond what you've done before, to learn, and to test your limits.

But, it can be scary if you're not sure how to get there. Believe me, I know. When I started my business, I spent plenty of time (way too much actually) in "chicken mode." Once I got moving, things got easier. Taking those first tentative steps and knowing that I could learn whatever I needed to know as I went forward gave me confidence.

**Here's the thing. You've got to be willing to do what it takes to get ready for the dream or it remains just that -- a dream.** Ask yourself: Do I want this enough to really commit to doing whatever it takes (legally, of course) to get it? If you answered "yes," congratulations! Woo Hoo! You're ready to grow to meet your own BIG Dream!

And now the hard work begins. (What? You thought this would be easy?)

#### Your ReLaunch Assignment

**Step 1: Imagine your life three years from today.** You've achieved your BIG Dream. Write about it as if you're experiencing it right this minute. All the successes. All the benefits. All the positive changes in your life. Keep this paper where you can re-read it frequently. It's a great motivator. (And three years from now, you'll be positively amazed at how accurate you were in predicting your future.)

**Step 2: Figure out what you still need to know, learn, or do to make your BIG Dream happen.** If you're anything like me, you're going to have a pretty long list. That's OK. Nobody expects you to have it all under control just yet.

Worried about how long all this will take? Keep in mind that you're investing the time, money, and effort now for a better future. If it takes a year, that's OK. If it takes longer, that's OK too. The time will pass anyway so you might as well use it to work on your BIG Dream.

**Step 3: Take one step at a time.** The Japanese have a business model known as Kaizen that's simple to learn and effective. In a nutshell, here's how it works. Break your goals down into small steps, focus on completing one step at a time, and gradually you'll reach your goal. Then do the same thing with the next goal on your list. And the next. And the next. It's like that old saying, "You can eat an elephant one bite at a time."

**Step 4: Follow through.** This is the "make or break" point for most people. They give up too soon and don't follow through with what needs to be done. Don't stop, even when you hit a little bump in the road or gigantic pothole in your path. There's always a solution. Keep going until you find it. Be persistent. Don't give up. Your future is waiting.

**Step 5: Enjoy the journey and celebrate all your successes, big and small.** Reward yourself for all your accomplishments.

What's your BIG Dream? Ready to grow to meet it? Don't wait. Time's a-wastin'. Not sure how to get started? Contact me at [Bonnie@relaunchyourlifecoach.com](mailto:Bonnie@relaunchyourlifecoach.com). I can help!



### Diva 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."**

This week's inspiring **Diva Who Dares** is **Lori McQuiston** of Vancouver Washington. Lori is a single mom who knows what it's like to face major obstacles in life and struggle to follow her dreams. Ten years ago, when her daughter was just a toddler, Lori was diagnosed with breast cancer. Navigating the medical system, going



through chemotherapy, and regaining her health took time, a triple helping of courage, and plenty of good old-fashioned hard work. But, Lori is a true survivor with enthusiasm, optimism, and a can-do spirit.

To be there for her daughter, Lori decided to work from home as a medical transcriptionist.

Although this j-o-b is not her choice for a life-long career, it pays the bills while she builds her own business. Lori's experience with surviving breast cancer led her to discover her true passion -- helping others with the same diagnosis.

Lori maintains a busy schedule working full-time, nurturing her daughter's creativity through games, artwork, and outdoor activities -- and building her business. Never one to let the grass grow un

der her feet, she's accomplished a great deal in just a few short months since I first met her. She recently completed designing her website, [www.spatheryaftercancer.com](http://www.spatheryaftercancer.com), and it will soon become the "go to" place for products and ebooks, especially for cancer survivors. Eventually Lori plans to offer fabulous spa retreats in tropical locations where women who've survived breast cancer can experience a real getaway. A place where they can relax, forget all their troubles for a little while, and be pampered. A place to just be themselves

s instead of a woman with cancer. Her message to others is, "Being a breast cancer survivor myself, I want to bring you lots of great information that will support you, keep you feeling positive and let you know you are not alone on this journey."

Her blog is <http://siddygirls.blogspot.com>. Visit and read her amazing story and learn more about this week's Diva Who Dares.

Each week I'll feature a **Diva Who Dares -- and that could be YOU!** What are your challenges? How are you stepping

ing 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](mailto: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](mailto: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

• Got a terrific idea for a sustainable business but lack the start up funds? To find out if you're eligible for a grant and how to apply, go to <http://www.williamjamesfoundation.org>

• 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](http://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.

• Here's a not-for-profit provider of resources for women to grow their microbusinesses into million dollar enterprises. Go to <http://www.makemineamillion.org> or <http://www.count-me-in.org> for more information.

• 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](http://www.relaunchyourlifecoach.com), and get yours today.

### Where Is Bonnie?

**Sept. 6, 2010** On the air with **ReLaunch Your Life**, the radio program for women who want to discover ways to create their own business and make money following their passions.

**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.



**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 jobs. 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.

**Trust yourself. Create the kind of self that you will be happy to live with all your life. MAKE the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement. -- Foster C. McClellan**