



**ReLaunch Your Life** ISSUE 29

Love Your Work. Love Your Money. Love Your Life. In this issue:  
Expand Your Horizons

Anne Emerick - A Diva Who Dares

[Resources You Can Use](#)

### Dear ReLauncher

Springtime is here -- one of my favorite seasons of the year -- a time when Nature transforms leafless trees into glorious clouds of blossoms and flowers burst forth into a rainbow of blooming colors. To me, this time of year means energy, awakening, and expansion.

The coming of spring is signals growth for plants and animals. Shouldn't it be our signal to do a little growing and expanding too?



Changing our focus just a bit, meeting new people, expanding our base of knowledge -- they're all signs of growth.

Over the weekend I attended a seminar called "Conscious Health, Conscious Wealth" presented by Dr. Deborah Kern. She's a women's wellness expert and health scientist and the author of [Everyday Wellness for Women](#) and [Create the Body Your Soul Desires](#). It was such a pleasure to meet her! Not only is she smart and energetic, she's also a delightful person and an entertaining speaker.

In her talk, Dr. Kern demonstrated the strong connection between health and financial security (or insecurity). I don't know anyone who's not interested in financial growth and security, do you?

One of the points in her talk was that personal growth is key to financial growth. The take-away message for me was that personal growth is essential -- for growing a business, for physical health, for financial security, for mental health -- for living fully and enjoying your life.

This week's feature suggests some quick and easy ways to invest in your own personal growth. Do you have some ideas to add to the list? I'd love to hear them!

### Expand Your Horizons

We're all busy people, constantly rushing from one task to the next project. Seems like there's always more to add to the "to do" list and not enough time to get it all done. And because of that, it's all too easy to get into a rut. It's just easier to stay on the familiar pathways. Easier to say, "I'll work on personal growth one of these days when I have more time."

As I was reminded over the weekend, **personal growth isn't optional. It's essential if you want to thrive and enjoy all that life has to offer.**


**Here's a quick list of ways to invest in your own personal growth. And the best part is that you can choose to learn and grow even if you've just got a few minutes to spare every day.**

- Pick up a book on a subject you know very little about and read a chapter a day. Who knows what creative ideas exploring a whole new subject will spark?
- There are an amazing array of teleseminars available through the Internet today. Do a Google search on a topic of interest and see what you can find. Many of these are free and they're often recorded so you can listen at your convenience.
- Attend a networking event and really listen when someone talks about her job. Ask questions. Go with the attitude that you want to connect and learn.
- Listen to an informational CD while you're commuting to and from work. You can find them in bookstores, online, sometimes even in your local public library.
- Take a class to learn a new hobby or take lessons so you can learn to play a musical instrument. You'll build new neurological connections in your brain and have fun at the same time.
- Create some "art" just for you. No pressure to create a masterpiece. Explore. Play with crayons or paints or clay or fabric. Just enjoy the process.

### Your ReLaunch Assignment

- 1) Choose one thing from the list above and try it this week.
- 2) Chat with friends, family, and colleagues about what personal growth activities they're involved in. You may decide one of those ideas is perfect for you.
- 3) Make an appointment with yourself (yes, put it on your calendar!) so you carve out time for personal growth activities every week.

There are dozens of ways to expand your horizons. The important thing isn't so much what you do, but that you keep doing, growing, and learning.



## ReLaunch Your Life -- And Get Started TODAY!

### Home Study System

I designed this system as an **easy-to-use program** to help you:

- **move from confusion to clarity about what you really want your life to look like**
- **create a workable action plan to make it happen.**

It's filled with **exercises, worksheets, tips, strategies, and resources to help you find ways to create work you'll love based on what you're passionate about.** My system is **self-paced so you can move at your own speed.** Each lesson builds on the one before, guiding you every step of the way.

If you're not sure yet "what you want to be when you grow up" or if you know you're ready to begin the next chapter in your life -- if only you could figure out what that is -- then **the ReLaunch Your Life -- And Get Started TODAY! Home Study System may be just what you're looking for.**

With my **self-paced system** you'll learn to:


- Clarify what you really want (and don't want) in your life
- Identify your true gifts, talents, and passions
- Recognize potential income streams based on what you love to do
- Carve out the time needed to pursue your dreams
- Move past self-doubts and self-sabotage to a CAN DO mindset
- Create your personal Vision Board
- Set up an Accountability Dream Team
- Build a solid step-by-step action plan to move from indecision to implementation right away
- Set up a 90-day challenge so you begin to implement what you've learned immediately

*All this for less than the cost of lattes for a month!*

An investment of **just \$77.00** will get you started on your own personal ReLaunch --

**You're worth it! All you need to do is order your copy and get started.**

So easy!

Click  to order!!

### A Diva Who Dares



Meet **Anne Emerick**, this week's **Diva Who Dares**. How many great ideas have you had, but you didn't follow through and do anything with them? I know it's happened to me. Lots of excuses crop up. Too busy. Already working full-time.

Not so with Anne! She knew in her heart there had to be an easier way to learn a second language than with the methods currently available. The fact that she already holds a full-time job to pay the bills didn't stop her from starting a business in her spare time.

Thinking back to fifth grade, Anne recalled learning about the Constitution by listening to a record her teacher played. To this day, she retains more information about the Constitution than most people I've ever met. That fifth grade experience led Anne to create **No Work Spanish, a brand-new audio learning method.**

Already a published author, Anne hired an actor to read her story line by line, first in English, then in Spanish. To be sure she was on the right track, Anne listened to the story during commutes, then took a standardized comprehension test in Spanish. To her dismay, she didn't do well.

**But this Diva didn't let a setback become a roadblock.** Anne hired another actor to read a second story in English and Spanish. She spent time listening to the new CD and absorbed more vocabulary. When she tested again, her score proved that her **No Work Spanish really worked!**

Anne plans to roll out more audio stories in the near future to help English speakers learn Spanish easily. She envisions English as a Second Language classrooms with libraries of her stories available not just for the students, but also for their parents. This is a Diva with a Big Dream and a "no excuses" approach. She will make it happen!

Her advice to others just starting out -- "Stay focused and do the essentials. Prioritize. Step out in faith and get started."

Visit her website, [NoWorkSpanish.com](http://NoWorkSpanish.com), to hear some sample audios and learn more about how her program works.

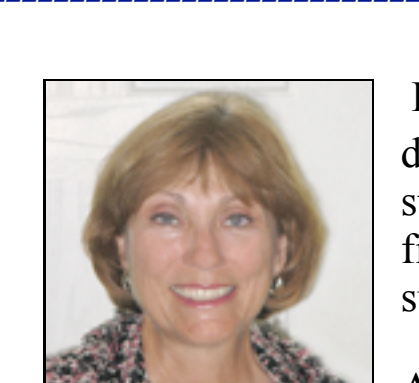
### Resources You Can Use

Here's just a sampling of unique ways people are creating income doing what they love:

- Personalized wine bottles. All designed and messages are hand-etched and hand-painted on each bottle. They sell for \$75.00 each.
- Ostrich feather centerpieces, including lights for illuminating each display. The centerpieces are rented out for weddings and special events. Cost includes set-up and pick-up. Prices start at \$49.95 a centerpiece.
- Professional water slide tester -- I'm serious! He travels to holiday villages and resorts around the world testing water slides, flumes, and pools. He's a quality control expert and consultant in this niche.
- Videographer for family reunions, children's birthdays, anniversary parties, and special events.
- Traveleyes, a UK-based travel company whose primary function is to make independent world travel accessible for the blind and visually impaired.

There's room for just about any kind of business and all sorts of ways for people to create income using their creativity, determination, perseverance, and planning.

**If you need some help figuring out how to turn your interests into income, I can help. Call me at 931-438-8343 or send an email to [Bonnie@relaunchyourlifecoach.com](mailto:Bonnie@relaunchyourlifecoach.com).**



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 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 abundance, and more joy 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.

*You are truly prosperous to the extent that you're experiencing health, freedom, happiness, and plenty in your life. -- Christiane Northrup, M.D.*