



Dear Career Changer

Whew! What a week this has been. The week I planned out so carefully on Monday wasn't the week I looked back at on Saturday. It was one of those "if it can go wrong, it will" kind of weeks. Ever had one of those? Maybe the stars weren't aligned just right or something. . .

First, last week's newsletter went out in the wrong format. Oops! My apologies to all of you. I thought the problem was corrected and re-sent it. Still not right. My apologies again. (Technology is not my strongest suite. I may not be great at it right now, but I'm learning.) I believe the formatting problem is finally fixed, but if this newsletter spreads from New York to California on your computer screen, please send me an email. Thanks.

The Women's Expo in Huntsville was on Friday and Saturday. There again, things didn't go quite as expected. No air conditioning. The bathrooms were a long hike away. (Yikes!) Exhibitors and visitors alike did what women always do when faced with a difficult situation. We made it work anyway. Woo Hoo!

So many women shared their personal stories with me during those two days -- stories of job misery, struggle to find their true calling, and their hopes for creating the kind of lives they were meant to live. It was an honor to talk with them.

What I heard time and time again was, "I'm stuck and don't know how to move forward." That's what this week's newsletter is about. Getting "unstuck." Moving in the direction of your dreams. Starting right now. . .

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](http://www.thelaunchyourlifecoach.wordpress.com).

**This Week's Article**



**Getting Past "Stuck"**

You get what you focus on in life. I've heard that time and time again, but it took me quite a while to learn that

important lesson. It's true. If you constantly focus on what you DONT WANT and on what you DONT HAVE, that's what keeps showing up. All the stuff you want to avoid.

The way you talk to yourself, your thoughts, even the language you use when talking with others can become a self-fulfilling prophecy. Constantly telling yourself and everyone else, "I'll be stuck in this rotten job forever" becomes your destiny. Why?

Because you condition yourself to expect and accept just that.

Changing what you focus on shifts your mindset. You want to start doing what you love. You want O-U-T of the current situation and you want out NOW! I get that. I really do, so here's how to get moving in that direction.

Begin focusing on WHAT YOU WANT TO ATTRACT, not what you want to avoid. Now I'm not going to tell you to "just think happy thoughts" and everything will be wonderful. Life doesn't work that way and we both know it. You can't just think about it. You have to take action. That's what shifting your focus does. It spurs you into action.

It takes practice to shift your mindset to "possibility thinking," but doing this creates a space for new ideas and opportunities that may have been there all along. You just couldn't find them when you were so focused on all the negatives.

Look at your life in terms of the next 12 months. Are you going to just suffer in your job misery for the next year? Of course not! You're not going to sit and wait, hoping things will improve. You're going to take action. Where do you want to be in 12 months? What steps do you need to take to move in that direction?

Set goals that make you a little uncomfortable, that cause you to stretch a bit, yet are reasonable and achievable -- if you put in the time and effort to make them happen.

Build on and build out from where you are right now. Even if what you're doing today isn't what you plan to do in the future, look around. What new skills can you learn? Will your employer pay for a class, a workshop, or perhaps a conference that you can attend? Take the initiative and look for opportunities to build on what you know. When you move on, you'll take that education with you. You never know how it may be useful in the future. At the very least, learning something new keeps you in "action mode."

Networking is a great way to build out. Good relationships with suppliers, clients, and people in other companies or related fields will serve you well in the future. Work to expand your network. Build out by using your free time to work on what you'd love to be doing full-time. Build out by connecting with like-minded women who also dream of creating work they love. Build out by investing in yourself.

**Your ReLaunch Assignment**

1) Focus on what you want. Remember, in life you get what you focus on.

2) Complete this sentence. In the next 12 months, I will \_\_\_\_\_. Take at least one small action toward your goal every day.

3) This week look for at least one way to build on and build out from where you 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."

A true *Divas Who Dares* sets out on her own path, staying true to it and overcoming whatever challenges she meets along the way. This week's featured Diva is a woman from the ancient past.

*Hypatia* was born in ancient Greece at a time when women were considered chattel, only fit to bear children and keep the home running. Because her father was the last head of the great University and Museum at Alexandria, Hypatia had the opportunity to become an educated woman. She was a true ground-breaker -- a child prodigy so brilliant that she was the first female mathematician in history. She didn't stop with math though. She was the first woman philosopher and astronomer. To top it off, Hypatia was an inventor as well. And a free spirit who loved to race her chariot through the streets of Alexandria, hair streaming out wildly behind her.

She lived at a time of great turmoil and upheaval, a time in history when all the books were being burned. Educated people were considered a political threat to the new religious order so they were put to death. Hypatia escaped that fate for a time and made it her life's mission to preserve the knowledge of the ancient Greeks. She wrote down everything she could recall from the burned books before she was killed. Her hand-written notes survived the Dark Ages and were found a thousand years later during the Renaissance. Although Hypatia came to a tragic end, her courage, passion, and intelligence are inspirational. She defied convention and followed her own path -- truly a Diva Who Dares.

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**

• Are you an artist looking for ways to turn your work into income? Art licensing is one route to explore. Here's a website to get you started. <http://www.artlicensinginfo.com>

• 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.

• Looking for ideas on how to use your crafting skills to create an income stream? Take a look at this website built around tatting. This online store was created by a 73-year old woman. (So don't tell me you're too old to start your own business!) <http://www.tatting.co.uk/>

• Have you grabbed your FIRE 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.

• Need a little inspiration and encouragement? This website is filled with videos of "riveting talks by remarkable people, free to the world." <http://www.ted.com/>

**Where Is Bonnie?**

Sept. 20, 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 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.

