

Dear Career Changer



I hope you took a little time for fun this week in addition to working on your personal ReLaunch. We spent Saturday afternoon enjoying one of the great things about living in rural Tennessee -- a unique festival in a tiny community. The Petersburg Bluegrass and Chicken Festival was a blast!

Hundreds of folks came out to enjoy a gorgeous autumn day, enjoy some fabulous chicken barbeque, and listen to some old-time bluegrass pickin'. A classic car cruise-in, pie baking contest, arts and crafts booths, and of course, "chicken activities for all" got everyone in a festive mood. There was Chicken Poop Bingo (yep, really!), the team egg peeling contest, a chicken nugget eating event for the kids, and a cake walk where contestants strutted their best "chicken walk." Jack and I entered the Skillet Toss (no prizes for us!) and enjoyed our first taste of Shoo-Fly Pie, a traditional Southern favorite.

If you haven't explored the rural communities near where you live, I encourage you to do so. You may discover a great little treasure of a town -- and maybe even a Chicken Festival of your own nearby!

And after a weekend of fun and relaxation, you'll be ready to get back to working on your dreams. Sometimes we all get "stuck" in that process and can't seem to get moving again. That's what this week's article is all about -- getting back into action.

 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.therelaunchyourlifecoach.wordpress.com
 • Tune in to my BlogTalkRadio program, ReLaunch Your Life, every Monday at 10 AM (CST) www.blogtalkradio.com/relaunchyourlife

This Week's Article

Ten Tips for Taking Action

Indecision. Procrastination. Negative self-talk. Doubt.

ONE WAY Are you still sitting on the sidelines wishing your life was different? Still hanging around waiting to get in the game? OK, it's time to take **ACTION!**

MOTION TRUMPS MEDITATION! Here are my top 10 tips for getting "unstuck."

- 1) **Don't overthink it.** Just do it! (Remember the old Nike commercials? Good advice!)
- 2) **Make your goal so important**, so compelling, so wonderful **that you're willing to take the action** needed to make it happen. (If you're not passionate about it, you probably won't do it anyway.)
- 3) **Find an accountability buddy** to keep you focused and call you on it when you procrastinate and keep finding excuses for why you can't do it. (I wouldn't be without my accountability buddy.)
- 4) **Decide and commit to take at least one action TODAY**, no matter how small. (Action builds momentum.)
- 5) Put **reminders** of what you want to accomplish **in writing**. (Write it down and make it happen.)
- 6) **Reward yourself when you make progress.** (Hey, we all need a reward now and then, don't we?)
- 7) **Surround yourself with people who are action-takers**, who get out there and implement their plans instead of just talking about what they're going to do. (These folks are great role models. Learn from them.)
- 8) Take a deep breath and read this next one -- **Make a PUBLIC COMMITMENT about what you're going to do.** That means tell people you know about your plans and ask a few trusted friends for reminders when you start to slack off. (Yes, I know this can be scary. Do it anyway. It will keep you moving forward because you've made a commitment that others know about.)
- 9) **Create a vivid image -- the more specific the better -- of what your life will be like when you achieve your goal.** Create a positive mindset. (This will help you stay excited about what you want to achieve.)
- 10) **Join a success team or action group** that meets regularly for support and encouragement. Find a coach or mentor. Do what it takes to create a strong support system for your dreams. (No one succeeds all alone.)

Your ReLaunch Assignment

- 1) **Pick out your favorite three tips from the list above.**
- 2) **Put them into action this week.**
- 3) **No excuses allowed.**

 If you're having trouble figuring out the "What's Next?" chapter in your life, I'm here to help. Email me (Bonnie@relaunchyourlifecoach.com) or give me a buzz at (931) 438-8343 to set up a complimentary 30-minute consultation.

You really can love your work, love your money, and love your life again.



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."**

Instead of featuring just one **Diva Who Dares** this week, I decided to give you a peek at a smorgasbord of Divas. Each one has ReLaunched her life and now runs her own business following her passions. Be inspired by these amazing women and know that you can do it too.

- Former automotive designer, **Joan Klatil Creamer** followed her love of writing to become a successful children's book author. She wrote and illustrated a really fun line of books based on *The Magic Scepter*. She sells her books at fairs throughout New England. Check out her website, <http://www.TheMagicSceptre.com>.
- In her mid-50's **Connie Betts** and her husband, Thomas, left their old jobs and their old lives to follow their dreams and start an alpaca farm in Oregon. Cascade Alpacas of Oregon took a few years to turn a profit, but Connie is happily living the ranch life today.
- **Linda Webb** was a single parent making ends meet by selling vending machines. After the death of her mother from pancreatic cancer, she felt a huge void in her life and was completely burned out with her job. Her online boutique, Heaven's Pennies, grew out of her need to follow her passion, regain her enthusiasm for life, and honor her mother. <http://www.heavenspennies.com/About/>
- **Rebecca Herring** of Australia started ArtStyle, a fashion, jewelry, and home goods company after a near-fatal illness forced her to find a new way to earn a living. She previously worked as a hair stylist, but started painting while recuperating from her illness. A supplier from her hair styling days found a gallery where she could show her work and it snowballed from there. Her clothing designs and fabrics are based on her artwork. <http://www.artstyle.co.nz/home>
- **Jackie Burke**, 68, a retired teacher and her daughter, **Jackie McAlister**, 38, started the Cup and Saucer Cookie Company out of desperation. They needed to create a business that would be compatible with the needs of both Jackies -- one retired and one about to give birth. They sell their products through the Internet and also to local cafes. <http://shop.cupandsaucercookieco.com/>

Resources You Can Use

- Do you have a dream of becoming a published author? The International Women's Writing Guild is a "network for the personal and professional empowerment of women through writing and open to all regardless of portfolio." There is a small yearly membership fee. <http://www.iwgg.org/index.php?section=events>
- If you're a crafter always on the lookout for new ideas, this website has a gazillion categories of each item, and reasonable prices for the patterns. <http://www.youcanmakethis.com/>
- Do you love gardening and wish you could find a way to make a living working with plants and being in the great outdoors? This website may lead you to reinvent yourself as a professional rock gardener. It's the website of the North American Rock Garden Society. (Didn't I tell you there was a group or association for every interest?) <http://www.nargs.org/>
- Perhaps your dream is to build unusual "green" homes. At Earthwood you can learn about building earth-sheltered homes and cordwood masonry. The Earthwood Building School is a small "mom and pop" business that offers workshops, books, videos, even building plans. <http://www.cordwoodmasonry.com/>

Where Is Bonnie?

Oct. 26, 2010 Silver ReLaunch Teams meet

Nov. 1, 2010 On the air with **ReLaunch Your Life**, 10 - 11 AM CST. You won't want to miss this interview! My guest will be **Dawn Lambros**, author of **50 Great Money Making Ideas for Any Economy**.



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 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.

When you expect things to happen – strangely enough – they do happen.
 – J.P. Morgan