



ReLaunch!

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

Issue 10

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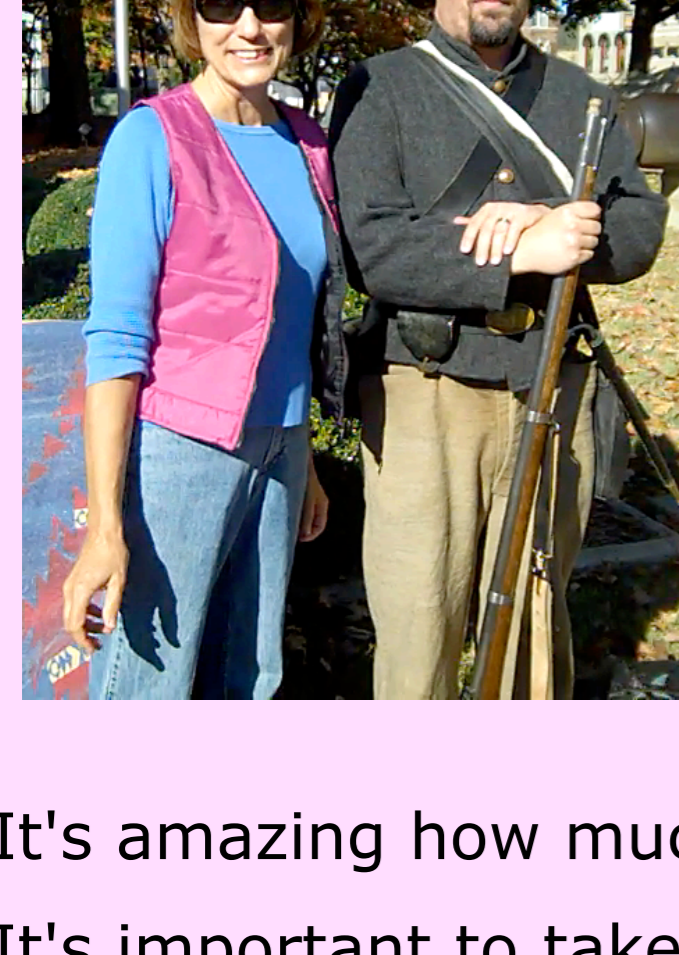
Introducing...

What Can You Do in Just One Hour?

Dawn Lambros, Diva Who Dares

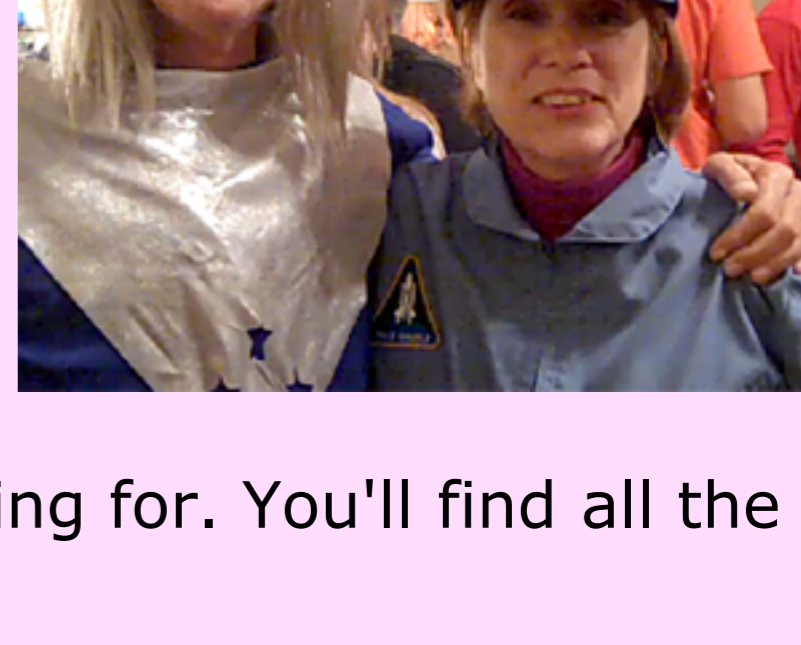
Resources You Can Use

Dear Career Changer



This has been a fast-paced week, packed with so much to do. Lots of ReLaunch work with clients, my Blog Talk Radio show, networking, writing articles for publication, and putting together the outline for my upcoming book. Whew!

I'm really excited to introduce my self-paced ReLaunch Your Life -- And Get Started TODAY! Home Study System. This project has been in the works for several months. For those of you who aren't quite ready for individual or group coaching, my Home Study System may be just what you're looking for. You'll find all the details in this newsletter.



It's amazing how much you can get done with a list and some time management strategies.

It's important to take time out to relax and enjoy the journey, as I keep reminding you. And that's what we did this weekend. Our little town of Fayetteville put on a Living History event in the town square, complete with a re-enactment of part of the 1838 Trail of Tears. Actors portraying civil war soldiers, long hunters, and genteel Southern ladies made history come alive. That's me on the left posing with one of the Confederate soldiers.

Later in the day we enjoyed a potluck picnic at the lake with friends and took a hike to admire the fall foliage and gather hickory nuts. We topped off the day with a Halloween party and hayride. The "wizard" is my husband, Jack, and I'm dressed up in my NASA jumpsuit. Such fun!

Now I'm not recommending that you spend every day at a whirlwind pace -- who could keep it up? But even if you have just one hour to devote to your own personal ReLaunch journey you can accomplish a great deal with a bit of strategic planning and focused use of your time. Check out this week's main article to learn more.

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

It's Finally Here!

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!

This Week's Article

What Can You Do In Just One Hour?



Those of you who've been working with me or reading this newsletter for a while know I'm really big on taking small steps to move toward your goals. Just because you can't complete an entire project is no reason not to do SOMETHING.

Let's say you've got an hour open to work on your personal ReLaunch, but you're not sure how to use that time effectively.

Here's a list of ideas to get you started:

- Gather more information about a potential income stream by doing some Internet research.
• Make 3 phone calls (not the kind where you just call a friend to chat either). These might be follow-up calls to people you've met at networking events, a call to make an appointment to meet with someone in the career you're interested in pursuing, or a personal call to thank someone who's helped you along the way.
• Read a newspaper or magazine with the eyes of an Opportunity Detective to gather inspiration for your Idea Notebook.
• Start a blog or if you've already got one, write a blog post.
• Find out about zoning ordinances for home based businesses in your area.
• Tackle one item from your "to do" list for today and focus all your energy and attention on just getting that one thing done.
• Exercise, stretch, take a 30-minute walk, just get up and move. You'll feel better, have more energy, and be glad you took a little time for self-care and improving your health. Good health and a higher energy level help you feel more confident too.
• Read something that inspires you.
• Visit a small business and initiate an informal conversation with the owner/entrepreneur. See what you can learn about what it takes to run a small business successfully.
• Spend the hour brainstorming all the ways you could expand on your business idea to create multiple income streams.
• Set up your work-at-home space, even if it's just a desk in the corner of your bedroom. Once you've designated a "office" for yourself, your ReLaunch journey becomes that much more real.
• Look at something familiar as if you'd never seen it before. Play with creative ways to use an object like a pencil for 10 minutes. Just doing this simple exercise opens up your mind to being much more creative. Try it every day for 10 minutes with a different familiar object.

Your ReLaunch Assignment

- 1) Pick just one item from the list and give it a try. If you can do more than one, wonderful. But do try at least one thing. You'll be pleasantly surprised by how much you can get done in just 60 minutes.
2) Rinse and repeat. In other words, when you have just a few minutes to spend, tackle just one or two things on your own list and give them your full attention. Small steps taken consistently move you toward the life you want to live.

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."

This week's Diva Who Dares is Dawn Lambros. She's a woman who knows all about ReLaunching her life having fearlessly transitioned from one career to an entirely different one several times. Starting in the entertainment industry in her teens, Dawn worked in both production and post production for companies like CBS, The Walt Disney Company, Embassy Pictures, and Warner Brothers.



After working for many years in the entertainment industry, Dawn got restless and knew she wanted a career change. Inspired by her Italian immigrant grandmother, she decided to follow another of her passions and go into real estate. Computers and the use of technology in the real estate industry was still in its infancy during the 80's, but Dawn dived right in. Not only was she a highly successful real estate agent, but she became the "go to" person for tech help in her office. Seeing a real opportunity here, Dawn became a consultant for other real estate agents who didn't want to learn the new technology.

That opened up still more opportunities in the technology arena. Dawn has been in the technology field for over twenty years now and co-founded The Dream Builders Company with her husband, Andy. (http://www.dreambuilderscompany.com) She's been a successful web designer, artist, video editor, and content provider for hundreds of websites and technology projects worldwide.

This multi-talented woman is also a business consultant, marketer, and promoter who's helped many people establish themselves in new careers and business ventures.

In 2008 Dawn saw a real need for a book of business ideas that would work in a tough economy. She spent nearly two years researching potential money making ideas and narrowed her list to the best 50. Her book, 50 Great Money Making Ideas for Any Economy, isn't just a list of ideas. She includes suggestions for marketing and promotion, demand and pay, what it takes to get started (many are very low cost!), and a list of excellent resources for each of the 50 ideas. Her book is available at http://50Greats.com and at www.reLaunchyourlifecoach.com on the online store.

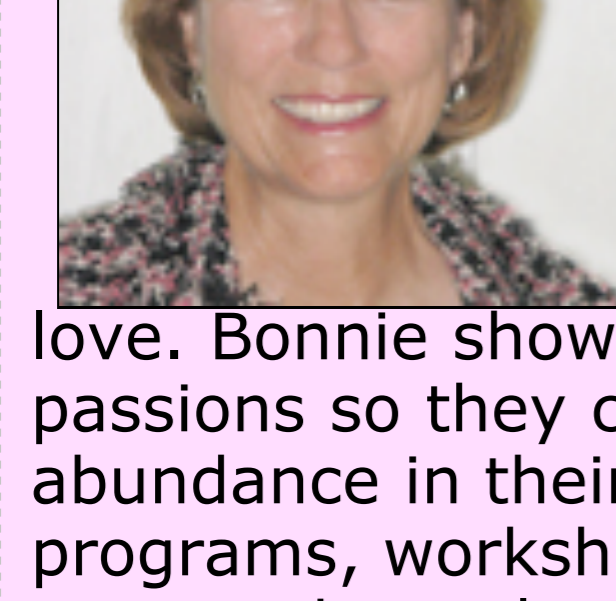
Her advice to women who are thinking of starting their own businesses - "Be open to trying new things. Don't focus just on your bank account while building your business. There's always an ebb and flow of money. Get in the habit of getting out and talking to people. That's how you'll build your business." Dawn also has a blog (http://dawnlambros.com) filled with insights, tips, and strategies you can use for the nuts-and-bolts of running a business. Check it out!

Resources You Can Use

- If you're interested in applying the concept of Slow Travel, popular in Europe, to a business idea for the US market, check out this website. http://www.slowtrav.com It may spark an idea for something you can do in your own region.
• Are you a blogger? Do you have a book "in your head" that you've been meaning to write? If you'd like to self-publish, Borders just launched Get Published, which allows authors to e-publish their work via the BookBrewer platform. There are two prices of \$89.99 and \$199.99. Borders is making it easy for collectors. Their tag line is "blog to e-book in 10 minutes." You might want to put together a collection of your best blogs or use this platform for a book.
• Want to try out a career before plunging in with both feet? For a fee you can take a short Vacation Vacation to see if that career is for you. http://vocationvacations.com
• If you've ever thought about becoming a wardrobe consultant, but aren't quite sure what that entails, take a look at Carolyn Redding's website. www.rightsideoutwardrobe.com. You're sure to find a gem an idea there.

Where Is Bonnie?

Nov. 2, 2010 Working at our local voting precinct. Don't forget to exercise your right to VOTE in this election.
Nov. 4, 2010 Silver ReLaunch Teams meet
Nov. 8, 2010 On the air with ReLaunch Your Life, 10 - 11 AM CST. My guest will be Stephanie Bolton, a board certified music therapist. Don't miss it!



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 helps 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.

Ordinary people merely think how they shall spend their time; a man of talent tries to use it. - Arthur Schopenhauer

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