

# The Knowledge Series™

## 5 Keys to Accelerate Your Success



Issue 18 -  
September 2016

# IT TAKES A VILLAGE

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## It Takes a Village

How are you doing on those goals you planned to accomplish this year?

Are you looking for a new job? Or a step up the career ladder in your current company?

Do you want to kick start your small business or network marketing company?

Do you want to be more organized or have more work/life balance?

Are you frustrated or feeling stuck or overwhelmed on a home or work project?

**Imagine** if you had the support of a coach and a community

**Imagine** if you had help in clarifying your goals

**Imagine** if you had a place to go to share ideas and learn from others

**Imagine** if you had people who cared and helped you be accountable for taking the

actions to accomplish your goals

**Imagine** what you could accomplish in the next three months

It takes a village. Too often we isolate ourselves and don't ask for help. Yes, we are strong and independent, but asking for help does not negate that. AND it just might help us achieve our goals more easily and much faster.

Whether you ask a friend to be an accountability buddy, get some coaching or join a community, it is very important to get some help. AND it just might be fun, less stressful and feel great to accomplish things by adding that support and resources.

If you are interested in creating a fabulous end to 2016; taking giant steps with regard to your goals and going into 2017 with a sense of accomplishment, join me for the Autumn Accountability Coaching Program. You can choose to do Group Coaching or select Private Coaching and get the Group Coaching as a Bonus.

Register now using coupon code **HHH** and save \$100 off either option.

Don't wait, get help now.

I look forward to helping you get out of your head, get into action and get the results you want in your life.

<http://theknowledgeseries.com/accountability-coaching>

Here's another blog post to inspire you:-

<http://judypeebles.com/TKSAccountability/>

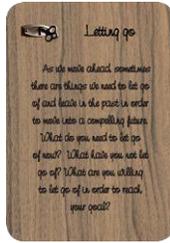
What goals are you working on?

How are you keeping yourself motivated and accountable?

**Share your stories and ideas at the link below.**

<http://judypeebles.com/It-Takes-A-Village>

## Letting Go



*As we move ahead sometimes there are things we need to let go of and leave in the past in order to*

*move into a compelling future. What do you need to let go of now? What have you not let go of? What are you willing to let go of in order to reach your goal?*

I've been writing a lot recently about letting go of physical "stuff" – clearing out the clutter. But sometime it is the emotional "stuff" that we really need to let go of in order to move forward.

Letting of beliefs about ourselves, others or the world. Letting go of regrets. Letting go of the "If onlys"..... If only I had or If only I hadn't.

What do you need to let go of? What is holding you back?

I read another great book recently – **Throw Out Fifty Things** by Gail Blanke. She starts by talking about the physical things. She encourages you to keep track of your fifty things. And, by the way, she instructs you that you have to count groups of things as just one thing. For instance, if you throw out fifty magazines, that only counts as one thing.

But after removing the physical clutter, she encourages you to remove the emotional clutter.

The thinking that no longer serves you.

What do you need to let go of?

**Share your stories and ideas at the link below.**

<http://judypeebles.com/letting-go>

## Professional Public Speaking



If you are a Bay Area Resident, check out the Fremont Recreation Guide - Page 8.

Communication Academy in partnership with the City of Fremont have contracted me to teach a **Professional Public Speaking Class** on Saturdays starting in September. It is for adults - anyone 18+. Class size will be limited to only 12 - so lots of time for coaching to improve your speaking skills.

Please share the link with anyone you know who would like to step up their game when it comes to public speaking / presentations. I promise it will be fun!!!

<https://www.regerec.com/>

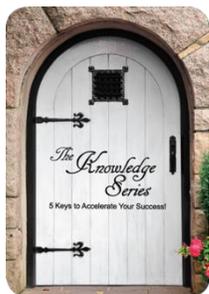
## Need A Speaker?

Contact Judy at

408-859-7465 or

info@TheKnowledgeSeries.com

## The Knowledge Series eBook



The Letting Go exercise is one of the exercises in

### The Knowledge Series™ eBook

To assist you in accomplishing more this year and in years to come, download a free sample version or purchase a copy of **The Knowledge Series™** eBook or one of the **Journaling Jems™** ebooks.

For the remainder of the year purchase any Journaling Jems™ or The Knowledge Series™ eBook for **\$20.16**.

Use the link below and coupon code **2016** to get this deal.

<http://theknowledgeseries.com/ebooks>

## Autumn Accountability



I don't know about you, but this year is flying by.

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Whatever you are attempting to accomplish, having help can make all the difference. For example, if you want to exercise more, get a workout buddy. Committing to someone else that you are going to do something increases the likelihood of you actually accomplishing it.

If you arrange to meet your workout buddy at the gym or for a walk, you are less like to blow it off than if you were just planning on working out by yourself.

Often my coaching is all about Accountability.

Once you have created a vision for what you want, we can then breakdown the steps you need to take to accomplish it. And just knowing that when we next meet, I will ask you about your progress, can often keep you on track to accomplish these tasks. And before you know it, voilà – you have accomplished your goal.

Don't wait until you blink and the New Year is here. I have a solution for you right now. ↓

# The Knowledge Series™ 5 Keys to Accelerate Your Success

**Get Out of Your Head!**

**Get Into Action!**

**Get What You Want!**

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San Jose, CA 95126

### Autumn Accountability

**Register today** for Three Months of Private Accountability Coaching and Receive a Free Registration for the Group Accountability Coaching Program.

Use Coupon Code **HHH** and **save \$100**

<http://theknowledgeseries.com/accountability-coaching>