



# The Knowledge Series™

## 5 Keys to Accelerate Your Success



Issue 19 -  
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# FOCUS

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## Focus

What are you focusing on? Are you focusing on the things that delight you? The things that make you happy? Or the things that piss you off? Annoy & frustrate you?

You can make a choice. We are only “sensing” less than 1% of what is happening around us. We cannot possibly take in all the information surrounding us – sights, tastes, sounds, etc. We have a filter in our brain that decides what information gets in.

Have you ever driven down a familiar street and seen a building

that is halfway finished and you had never noticed it before? Or decided to buy a particular make and model of car and suddenly you see them everywhere? They were they before, but now you have changed our filter and are noticing them.

Our filters are based on our conscious and unconscious beliefs – about ourselves, others, the world. If you are focusing on or looking for things that delight you, you will see more of those things. If you are focusing on things that frustrate you..... yes, you will see more of those things.

It is important to focus on what you want rather than what you don't want. Then you will change your filters to see opportunities rather than obstacles.

What are you focusing on?

**Go to the link below to share your thoughts and ideas.**

<http://judypeebles.com/Focus-2016>



## Modeling



*Do you know someone who has the lifestyle/business/career you aspire to? You may not know them personally. What are their qualities and traits? How did they get to where they are? You can model them, but make sure you remain authentic and aligned with your values.*

*personally. What are their qualities and traits? How did they get to where they are? You can model them, but make sure you remain authentic and aligned with your values.*

By paying attention to what others have done – the odds they have overcome, the mistakes they have made – what they might do differently, etc - we can leverage their experiences to make things easier for ourselves.

Once you are clear on what you want in your life, career or business, research people who have accomplished the same things. This may be more than one person for different aspects of your goal. It might be someone famous like Oprah, Richard Branson or Warren Buffet. Or it may be someone in your company or community.

If they are famous and you can't just go and talk to them, read about them. If they are someone you know or someone you can contact easily, get in touch with them and see if they might have

some time to talk with you and give you some advice.

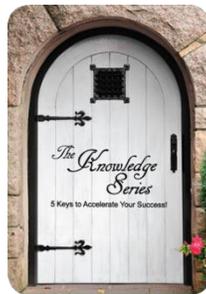
If someone else has done, been or had what you want to do, be or have, then you can leverage their path and knowledge to create it for yourself.

Who can you model?

**Go to the link below to share your thoughts and ideas.**

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

This is one of the exercises in The Knowledge Series™ ebook



Purchase a copy or download a free sample version today.

<http://theknowledgeseries.com/ebooks/the-knowledge-series-ebooks/>

### Need a Speaker?



Contact Judy

408-859-7465 or  
info@TheKnowledgeSeries.com



### Calling Corporate Women

I am working on a new coaching program for Corporate Women – from Admins to Executives that will begin early in 2017.

To ensure that the program addresses and offers solutions for the challenges you are currently facing, I would like to select and interview 10-15 women who would be willing to share what they are struggling with in their career and / or life.

These interviews would be over the phone and only take about 30-45 minutes of your time. By asking you questions I can get a better idea on how to structure my program and hone the best content to share. I want to ensure that I am helping solve the most pressing issues that corporate women are facing today. And not just coming from my own experience on the Corporate ladder.

Because I usually cannot help myself, you will most likely receive some coaching during our conversation and come away with more clarity and some immediate actions to take to help you get the results you want.

This will not be a sales call in disguise, but if you participate in an interview and are interested in joining the program when it is available, I will be sure you get a generous discount.

In order to participate you must be

1. In a Corporate job
2. Willing to share your current challenges in your career and life
3. Open to coaching

If you are interested in being selected, please email me at

[judy.peebles@TheKnowledgeSeries.com](mailto:judy.peebles@TheKnowledgeSeries.com)

with the Subject – PICK ME! and with a couple of times / dates between November 9<sup>th</sup> & 16<sup>th</sup> when you would be available for our call.

Thank you. I look forward to speaking with you.

## The Knowledge Series™ eBook & Journaling Jems™



October is Breast Cancer Awareness Month

25% of all sales of

**The Knowledge Series™ eBook & Journaling Jems™ eBooks or cards** will be donated to a charity which supports breast cancer patients, survivors or research.

<http://theknowledgeseries.com/ebooks>

<http://thejournalingjenius.com/store/>

**Note – Since this Newsletter is going out so late in the month, I will extend this until Thanksgiving.**

## Are You A Coffee Connoisseur?



One of my clients has recently launched **Connoisseur**

**Coffee** to the World!

This coffee is specially roasted here in the Bay Area and now available on Amazon Prime.



There are three varieties to choose from:-

Connoisseur Coffee Certified Fair Trade Organic **Dark Roast**

Connoisseur Coffee **Espresso Dark Roast** and

Connoisseur Coffee **Bay Area Blend** – a blend of light and dark roast.

For a very limited quantity and time you can purchase a 1 lb bag of beans at a 50% discount.

Although it is not essential, in exchange for this huge discount, if you love the coffee, it would be great if you could post a fabulous review on Amazon.

To get your discount coupon code – click on the link below and follow the instructions.

<http://www.vectorsouth.com/products.html>

# 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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Suite 505  
San Jose, CA 95126

**If your life is exactly the same in five years, as it is now, is that ok?**

**If not, and you**

- Have been stuck for a while;
- Can't seem to decide on a direction; or
- Are tired of struggling to stay motivated and do it alone.....

**Register today** for a **No Risk Introductory Coaching Session**

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