



The Knowledge Series™

5 Keys to Accelerate Your Success



Issue 20 -
November 2016

THANKS!

IN THIS ISSUE

- Thanks - Page 1
- Trail Running & Life – Part I – Page 2
- Thank you, Corporate Women – Page 2
- Need A Speaker? – Page 2
- Small Business Saturday – Page 3
- Handle the Holidays – Page 3
- 2017 – Page 3

Thanks

It's Thanksgiving here in the U.S. and a great time to talk about thankfulness and gratitude.

I am as always thankful for my friends and family. For my clients. For the technology that allows me to do what I do and to stay connected with people around the world. I am grateful to **you** for taking the time to read this and I am hopeful that you find value here.

Of course, Thanksgiving isn't the only time we should be thankful and express our gratitude. It is a good

idea to keep a Gratitude Journal and write down a few things each day that you are grateful for. Just like I wrote about last month, it is important to focus on what you want, rather than what you do not want.

Keeping a Gratitude Journal will help you focus on the good "stuff". If you know that at the end of the day you want to write down things you are grateful, you will be looking for these things throughout your day. And, surprise, surprise you will see many more things you **are** grateful for. Funny how that works.

Yes, some days may be more challenging than others, but there is **always** something to be grateful for – even it is just that you are still breathing!!!

And you may find yourself writing the same things day after day and that is ok. But I would challenge you to look for and find new things, too.

What are you thankful for today?

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

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

Trail Running & Life - Part I



5 Ways Trail Running is Like Life!

Trail running has been one of my favorite exercises for a long time. Now it is sometimes more walking than running depending on how my body feels. On a solo run / walk on the hills a couple of weeks ago, I began thinking that there are things about Trail Running that also apply to life.

1. **Stay Present** – When Trail Running, it is important to be in the moment and be in your body and not in your head. This is even more important with Trail Running than Road Running, since the terrain can be challenging at times. And is also good advice for life. We can easily miss awesome moments, if we are focused on what happened in the past or what we need to do in the future.
2. **Be Flexible** – I'm lucky that physically, I am naturally flexible. My ankles will bend if I step weird on a rock or something. Being flexible

in life is important, too. Sometimes, the route or path we set out on, has to change as events or other things change. As we gain more knowledge and realize that a slight detour would be better.

3. **Be Adaptable** – In Trail Running you have to adapt to the terrain, uphill or downhill, squishy or even cows on your path. In life you often have to adapt to changes that are out of your control. The sooner you can accept the changes and make decisions and choices to move forward in spite of the changes, the more likely you are to succeed.
4. **Vary Your Pace** – when I run / walk the trails and hills, I like to mix it up. I like to run down hills with gravity on my side, unless they feel too steep and treacherous. But sometimes I also like to “conquer the hill” and run up the hills or at least part of the hill – if it is really, really steep. It's good to pace yourself in life, too. Sometimes we run full out, but other times, we should spend time contemplating our next steps and slowing down a bit.
5. **Relax** – Believe it or not running can be relaxing and running relaxed is easier on your muscles and joints – at least it feels that way for me. And in life, we sometimes don't

take enough time to just relax. Even if you have to schedule downtime, be sure to do it!

Stay tuned next month for Part II and 5 More Ways Trail Running is Like Life!

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

<http://judypeebles.com/trail-running-life-part-I/>



Thank you, Corporate Women

Thank you to all the Corporate Women who spoke with me to help me create my new Coaching Program for them which will start in 2017. Stay tuned for details.

Or, if you just can't wait – contact me for details and early registration.... And year end bonuses.

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Need a Speaker?



Contact Judy

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Small Business Saturday



Saturday,
November
26, 2016 is
Small
Business
Saturday.

A great time to support your local small businesses.

If you are looking for some great gifts and stocking stuffers that give the gift of Journaling throughout the year, purchase an ebook, deck of Jem cards and/or journals for your gift giving this year and support my Small Business.

Thanks, and Happy Holidays.

<http://theknowledgeseries.com/ebooks>

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

Handle the Holidays



Do you suffer from SPS – Seasonal Perfection Syndrome?

As if we don't have enough on our plates, add in the holiday season and our inflated expectations of ourselves and others, this can lead to a lot of stress.

Learn tips and techniques to make better choices, lower your stress and have fun during this holiday season.

Watch a recorded webinar

<http://theknowledgeseries.com/events/handle-the-holidays>

Download the homework exercises

<http://bit.ly/2gkDuyo>

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

<http://judypeebles.com/handle-the-holidays-2016/>

2017 and Beyond



What do you want in 2017 and beyond?

If your life is exactly the same in five years,
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>

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Get Out of Your Head!

Get Into Action!

Get What You Want!

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