

Happy Holidays

Merry Christmas

Happy Kwanzaa

Joyeux Noël

Happy Hanukkah

Feliz Navidad

Ramaḍān Karīm

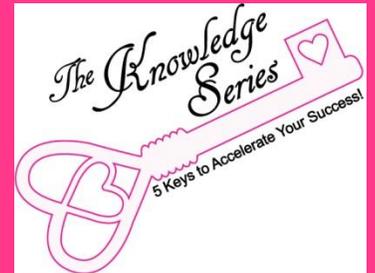
Happy New Year

Seasons
Greetings

Buon Natale

Fröhliche Weihnachten

The Knowledge Series™ 5 Keys to Accelerate Your Success



Issue 21 -
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HAPPY HOLIDAYS!!!

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Happy Holidays!!!

Wherever you are in the world, whichever holiday you choose to celebrate, be sure to do just that – Celebrate!

Create your own holiday rituals. Take time with family and friends and even some time to yourself.

If you find yourself caught up in the pressures and stress of the season, take a moment to just breathe and enjoy what is around you.

Smile at passersby. And maybe they will smile back.

Do something nice for someone else. Give your time to something that warms your heart.

Make a list. Make lots of lists. Or create a mindmap.

What do you want to create in the coming year? How do you want to spend your time? Who do you want to spend more time with? Where would you like to go? What is really important to you?

You've had another trip around the sun this year. Look back with delight and never with regret.

Resolve to accept the things you cannot change. Change the things you can. Be grateful.

I hope that 2016 has been kind to you and that 2017 will bring you joy and happiness.

How will you celebrate this holiday season?

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

<http://judypeebles.com/Happy-Holidays-2016>





S.T.O.P.

'Tis the season.

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.

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

It is "that" time once again. As we enjoy the remaining days of 2016 and wait with excited anticipation for what the New Year of 2017 will bring, take a few moments to **S.T.O.P.**

This is an exercise that I recommend all my clients complete as we transition from one calendar year to the next.

Successes – Make a list of all your successes and achievements this year. From major accomplishments to small silly things. Celebrate everything you've done that you are proud of. If it makes it easier, imagine you are your best friend and he or she is reminding you of what an amazing year you've had. What have you learned this year? How have you impacted others? What obstacles have you overcome? To make this exercise easier next year, start a Success Journal to record your daily successes.

Thanks – What are you thankful for today? Expressing gratitude for the blessings you received this year. This is something that you can write every day. Even keep a separate journal for your blessings or gratuities.

Opportunities – What are the opportunities you can imagine ahead of you next year and beyond? What are your dreams? What will you keep doing? What do you need to do differently? Create the vision in your future. Write down all the things you would like to do – skydiving, singing lessons; places you would like to visit; and people you would like to meet. Write that book. Take a step up the career ladder; transition into a new industry or start your own business.

Plan – Now that you have your vision - How will you begin to achieve your goals next year and beyond? Start now to plan your year ahead. You don't have to know all the details. Start at the end and work backwards. Or at least begin with one small step in the direction of your dreams.

Wishing you joy and prosperity in 2017 and beyond.

Need a Speaker?



Contact Judy

408-859-7465 or
info@TheKnowledgeSeries.com

Trail Running & Life - Part II



5 More Ways Trail Running is Like Life!

1. **Breathe** – Of course, breathing is always good. While Trail Running you can get great gobs of fresh air and even when stuck at work – take a moment to take a few deep breaths and see how much better you feel.
2. **Push Yourself** – Like I mentioned last month, sometimes I push myself to "conquer the hill", I try to beat my personal best on a trail. In life sometimes you have to push yourself outside your comfort zone, do the things that scare you. This is where having a coach is very helpful and can help you push through the fear.
3. **Be Patient With Yourself** – As well as pushing yourself, you also need to be patient and gentle with yourself. If the hill is a slog one day, I just cut myself some slack. I get through it and accept that I am not going to break any records, but congratulate

myself for pushing through. You can do the same in life. I often remind my clients to treat themselves as if they were their own best friend. It really helps to counteract that loud inner critic that pops up.

4. **Watch Your Step** – Obviously, in Trail Running, the trail varies and you have to watch where you are stepping. For instance, the trail I run, is also inhabited occasionally by mobile mooers – a.k.a. cows!!! So you, really need to watch your step – and look out for the cow patties!!! You don't want to step in.... anything.... in life, either, so sometimes you need to tread carefully. But don't let it keep you from moving forward and taking small steps towards your goals.
5. **Have Fun!** – This is always my motto, which is probably why I love trail running, it is more fun for me, than hitting a treadmill in a gym. In life, ask how can I do this and have fun doing it? For instance, I can sit outside with my laptop and work sometimes. Or, is there a way I can treat myself to some fun after I have completed this task – if there really is no way to have fun doing it.

Hope you enjoyed these tips on Trail Running and Life.

Share your thoughts and ideas at the link below.

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

In case you missed *Trail Running Part I* – here's the link

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

2017 and Beyond



Don't wait, start now to create the life you dream about. I know that coaching works. I am grateful for all my coaches past and current because I know they have helped me in so many ways. Let me help you start today to get clear and to begin to move towards the future you dream of.

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 doing it alone and struggling to stay motivated.....

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

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

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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