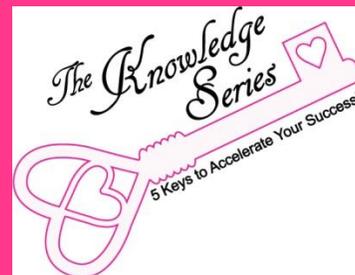




## The Knowledge Series™ 5 Keys to Accelerate Your Success



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# HAPPY NEW YEAR 2017!!!

### IN THIS ISSUE

- Happy New Year! - Page 1
- 5 Steps to Great Goals – Page 2
- There's an APP for That! – Page 2
- Why Hire a Coach? – Page 3
- Book an Intro Session Today – Page 3
- Corporate Women's Coaching Program – Page 4

## Happy New Year!!!

Wow!! – Where is the year going? Seems like only yesterday we were popping champagne and celebrating the New Year. And now January is almost over. Maybe you made some Resolutions. Maybe you set some Goals. And maybe like me, you have already failed in your attempts to stay on track to keep those Resolutions or achieve those Goals. Don't beat yourself up, there is still hope. Even though we typically set goals or make resolutions at the New Year, every day can be a new

beginning. So, don't relinquish your dreams for the coming year. Let's push the reset button.

And if it makes you feel better, we can now celebrate the Chinese New Year. So maybe we can get a do over and start again. And maybe this time we will enlist some help – an App, an Accountability Buddy or maybe a Coach. This month's newsletter is all about helping you get what you want in 2017 and beyond.

If you haven't taken the time to think about what you want to create this year, take a few

minutes today to follow Sarah Ban Breathnach's advice.

***“New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.”***

~ Sarah Ban Breathnach  
Author of *Simple Abundance*

## 5 Steps to Great Goals



You are probably already very experienced at setting goals. Here are some tips and resources to help you set and accomplish those goals.

1. **Get clear on what you want** – The 1<sup>st</sup> Key of the 5 Keys of **The Knowledge Series™** is **Vision**. It's hard to get started if you don't know where you want to go. It is also important and valuable to set goals for all the areas of your life - Health, Home, Career or Business, Relationships, etc. This can make you aware of possible conflicts. For instance, if you set a Health goal, but are working 14 hours a day to achieve a Career goal, you may have a tough time working out as much as you would like to, or cooking healthy meals on a regular basis. You can still do both, but it may take more planning and discipline.
2. **Long term & Short term** – It is good to have long and short term goals. And to make sure that your short term goals support your long term goals. For instance, if you have a long term goal to purchase your own home, but have a short term goal to take an expensive vacation, you will need to carefully plan the financial aspects of both.
3. **Get help** – We often try to do it all on our own, but goals can become so much easier if you

get some help. This can be an Accountability buddy who works out with you, or just talks to you on a regular basis to make sure you are on track towards your goal. And, of course you can hire a coach. One of the reasons I became a coach, was because I having hired coaches, I realized how powerful the coaching process is.

4. **Resources** – Once you have set a goal, make a list of the resources that are available to you. For instance, I am working on learning Italian and discovered an app called **Duolingo** to help me.
5. **Get started** – Think about a first step – or just a step you could take today or this week. Then do it!! Like putting your running shoes on and walking to the end of the driveway or street.



Go to the link below and let me know what your goals are and if I can help you.

<http://judypeebles.com/5-steps-to-great-goals/>

**Get Out of Your Head!**

**Get Into Action!**

**Get What You Want!**

## There's an APP for That!



Your phone can be more than just for taking pictures of your food.

There are lots of great apps out there to help you with your goals.

Here are just a few that I have discovered.

### Want to lose weight? Get or stay healthy?

Check out **Runkeeper** to track your workout and **MyFitnessPal** to track your food intake. The cool thing is that **MyFitnessPal** gets information from **Runkeeper** and when you work out, you get extra calories added to your daily allowance.

### Want to learn a language?

Check out **Duolingo** and **TinyCards** - Both fun, easy apps. **Duolingo** will send you reminders and you can set a goal for each day and it tracks how many days in a row you completed your goal. **TinyCards** covers the same lessons, but in a different format – flashcards for refreshing your memory and knowledge of the vocabulary.

**TinyCards** has other topics, too. Not just languages.

### Want to get more organized? Or just like to make lists?

Try **Wunderlist**. I use it for my grocery list, saves time. When I see I am running low on something, I can add it to my list.

And for things I buy all the time – I have the list organized by store. Saves money, too because I am less likely to buy things that are not on my list or forget things and have to make multiple trips to the store.

I also use it to list Movies, Authors, Books, etc. And, you can even create a list for the actions you need to take to accomplish a goal.

### Focusing on Finances?

You probably want to make more, spend less and save more. I find that having apps for my different bank accounts and credit cards allows me to pay more attention to things. They can also help you watch out for fraud or identity theft by setting alerts for transactions that hit your account. You will know immediately if you have used your debit or credit card, and if not, get in touch with your bank immediately.

### Not Forgetting Philanthropy

Maybe you can't volunteer for your favorite charity or even donate as much as you would like. Check out **Charity Miles**. You set it every time you go for a walk, run, hike or even a bike ride. You can select any charity they list – like Stand Up To Cancer, ASPCA, Feeding America, St. Jude's and lots more. It tracks your distance and their sponsors then make a donation for every mile. Cool, right?

Those are just some of the apps that can help you achieve your goals.

### What are your favorite apps?

Leave a comment at the link below

<http://judypeebles.com/there-is-an-app-for-that/>

## Why Hire a Coach?



Is there a goal that you have been trying to accomplish – month after month, maybe even year after year? That was my dilemma when I was “stuck” on the Corporate ladder and couldn't seem to make it to the next level. That was when I hired my first coach. And I believe that the coaching helped me get to that next level even when some naysayers didn't think that I could.

A coach can help you get out of your own way. We can help you discover strengths that you didn't know you had. Hold you accountable and be your biggest fan.

We ask probing questions that can change your thinking.

**“Change your thoughts and you change your world.”**  
~ Norman Vincent Peale



We listen to you without judgement and with no hidden agenda – only to make you successful in whatever you wish to pursue. I am sure you have friends and family members that you can talk to, but they may

unwittingly be somewhat less than objective and impartial. They want what they want for you, for themselves and this could be at odds with what you want for yourself.

Those are just some of the reasons you should hire a great coach.

### What are your thoughts or questions on coaching?

Let me know what at the link below

<http://judypeebles.com/why-hire-a-coach/>

## Book an Intro Coaching Session Today!



If you are frustrated with not getting the results you want in one or more areas of your life, don't keep doing the same things over and over again. Try something different today. Coaching just might be the key to unlocking a new way of thinking, doing things and ultimately accomplishing the success you dream of.

**“Insanity: doing the same thing over and over again and expecting different results.”**

~ Albert Einstein

<https://directory.bookedin.com/the-knowledge-series>

## Corporate Women's Coaching Program



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 be more organized or have more work/life balance?

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

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 likely 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**.

This **Corporate Coaching Program** will focus on the needs of the individuals and the group. From gaining **clarity** on the next steps in your career, **transitioning** to a new industry or maybe your own business, **balancing** the needs of your career and your family as well as taking care of yourself – **We will cover it all**.

**Too many women try to do it all alone**. You don't have to. Join this program facilitated by **someone who has been in your shoes** – who **climbed the corporate ladder** in the tech industry. A **qualified coach** who helps her clients **navigate the challenges** of the corporate climate, while maintaining their **integrity** and **authenticity** and learning to find ways to enjoy life more.

This program will include **eighteen live, interactive group webinars**. Where you will not only receive great content and guidance, but also leverage the power of the group.

There will be **six webinars per month** – and you can attend as many as you can fit into your schedule – The schedule is varied to allow flexibility.

**All sessions will be recorded** and the recordings will be made available **only** to the women registered for this program. To maintain the confidentiality of the group, these recordings will never be made available to anyone else.

In addition to the Group sessions, you will receive **three one-hour monthly coaching sessions** via phone, FaceTime or Skype. These sessions can be used to dig deeper into topics and issues from the group sessions, or receive coaching on other aspects of your life and career that you prefer not to share in a group setting.

Register Now for special pricing and bonus coaching sessions.

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

Don't wait until you blink and 2017 is coming to a close.

I have a solution for you right now.

Not sure about coaching? Try a one-hour private coaching session to see if we are a good fit.

There are still a few discounted sessions available.

<https://directory.bookedin.com/the-knowledge-series>

Looking for a Speaker  
or  
Training & Coaching for  
Your Team?

Contact Judy



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**Judy Peebles**, International Speaker, Trainer and Coach. Creator of The Journaling Jenius™, Journaling Jems™, The Knowledge Series™ and High Heeled Haven™.