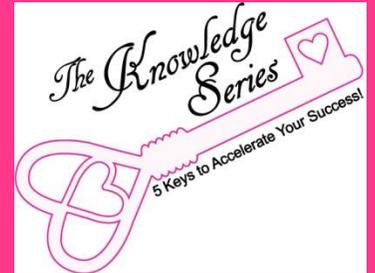




The Knowledge Series™

5 Keys to Accelerate Your Success



Issue 23 -
March 2017

AHHHH....SPRING!!

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Ahhhh....Spring!!!

Spring, a time of renewal. Phrases like – Spring Forward and not just the setting of the clocks, Spring Up, Spring Free, and, of course Spring Cleaning – more about that in a moment.

One can think of Spring as a New Beginning, especially for our annual goals - that we somehow set in the dark of winter, sometimes influenced by a bit of New Year frivolity and champagne. But setting all of that aside, the first three months of 2017 are now almost

over. In my corporate career, we always looked at things quarterly, set quarterly goals and took time each quarter to analyze our progress towards our annual goals.

So how are **you** doing? I know I have let some of mine slip and perhaps haven't made as much progress on others as I had expected initially. And some new things have popped up that may need to be worked into my goals and maybe some of my goals need to be let go of or restructured in some way.

So, how about we all take a new, fresh spring time look at our goals. Push the reset button, stop beating ourselves up about what we haven't accomplished yet and gather some renewed inspiration and motivation to push forward towards our goals. I will, if you will.



Do You Feel Lucky?



What we believe about ourselves, others, the world, our past, our future.... Pretty much everything, can and I believe does often affect the outcome.

In March we often think of Luck with the Irish influence of St. Patrick's Day.

A good time to consider your beliefs about yourself.

Do you think you are lucky? Of course, there is this famous quote....

"...you've gotta ask yourself one question: "Do I feel lucky? Well, do ya, punk?" ~ Clint Eastwood as Harry Callahan in Dirty Harry

What else do you believe / think about yourself?

Make a list. You may be holding yourself back from the success you desire.

One of the exercises in The Knowledge Series™ eBook is about Self-Assessment. See the link to the blog below.

<http://judypeebles.com/self-assessment/>

Learn more about how your Belief Cycle is impacting your Results.

<http://judypeebles.com/back-to-school/>

Spring Cleaning



Almost every time I begin working with a new coaching client, early on in our conversations, the desire to declutter their lives comes up.

Decluttering and Letting Go can have such a cathartic effect on all the areas of our lives.

And Spring is traditionally a great time to begin this.

If you are feeling overwhelmed by the task ahead – take a few moments to image how you will feel once you have created a less cluttered environment. Imagine feeling calm and peaceful in both your physical and mental spaces.

Hold onto this image as you begin to take small steps to move towards a less cluttered world.

This technique is helpful for any goal you are working on. Keeping the end game in mind, can keep you from being distracted, frustrated or

overwhelmed and prevent the desire to keep procrastinating what you know you want to do in order to achieve those feelings - that vision you created first in your mind and then in reality.

Go to the link below for other blog posts to inspire you and to let me know what your vision is for your physical and mental spaces.

<http://judypeebles.com/spring-cleaning-2017/>

Do You Have the Tools?



Before you begin that Spring Cleaning or any other task or project, you gather up your tools.

Coaching can be a great tool to help you accomplish your goals.

A coach can help you get clear on what you really want and why. A coach can help you figure out new ways of thinking and looking at things that can open up new possibilities and opportunities. A coach can help you get out of your head and into action. A coach can hold you accountable for taking the actions necessary to accomplish your goals. A coach can do all that and so much more.

I know that I would not have accomplished many of the things on my road to success without the coaches who have helped and supported me. One of the reasons I became a coach was because I saw how powerful the coaching process was in helping me grow, learn and accomplish things often faster than I could have even imagined. I would like to do that for and with you.

Don't know if coaching is for you?

Book a one-hour private coaching session to see if we are a good fit.

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

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

408-859-7465 or
info@TheKnowledgeSeries.com

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

Image is Everything



All this talk of Spring and Spring Cleaning, Letting Go and Decluttering, I am sure has you thinking about your closet.

Whether you are in a Corporate position, climbing that career ladder or running your own Business, you always want to make a good impression. You want to look professional and stylish. You want to feel comfortable and confident.

And as you start to you start to sort through your spring and summer wardrobe, you may discover a few "holes" - you need to add something and may not be sure exactly what.

I know someone who can help with that! Whether it's helping you go through your closet, or helping you decide what might pair back to your vintage **cabi** favorites – she can help you build a wardrobe that gets you excited about getting dressed each day!

There are some great new pieces for spring that are perfect as the weather warms. Some are not even available until March 28 and are only available in limited quantities. But you can pre-order them. Contact Margie, Your cabi

Stylist, at 510-673-0166 or check out her website at the link below.

<https://margieremelman.cabi.com/>

Women Veterans Alliance UnConference



As a Military Brat, I am proud to be presenting a workshop on The Knowledge Series™ - 5 Keys to Accelerate Your Success at the upcoming Women Veterans Alliance Unconference March 24th-26th in Sacramento, CA. This 3 day event is open to any women that are currently serving, have served, including the National Guard and reserves, as well as spouses and caregivers.

Get a front seat ticket to connecting with women veterans and resources to take your professional and personal life to the next level.

To view the agenda and register, visit

www.WomenVeteransAlliance.org/UnConference

Get Out of Your Head!

Get Into Action!

Get What You Want!