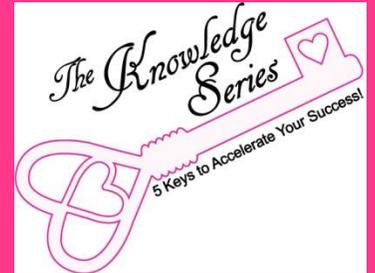




# The Knowledge Series™

## 5 Keys to Accelerate Your Success



Issue 26 -  
September 2017

## SEPTEMBER SLUMP OR SEPTEMBER SURGE?

### September Slump or September Surge?

This year I was lucky to be able to enjoy September always signals Back to School time. And as we have had 3-digit heat in the San Francisco Bay area this September, it's hard to think of new sweaters and boots, turning leaves and cool nights,

But September is a good time to evaluate and to consider what you want to accomplish in the closing months of the year and begin to create plans for the coming year.

September is a great month to take time because before you know it the holidays will be upon us – first, Halloween, then Thanksgiving, Hanukkah, Christmas and Kwanzaa. And then you blink and 2018 is already here.

Like the new school year, you get to start fresh with new notebooks and pens. [Ok, that's part of my personal addiction and I have to do my best to avoid the Back to School aisles as much as possible.]

Don't let the rest of 2017 sneak by you without a plan. Even if

you have big goals that you can't accomplish in the few remaining months of 2017, you can at least begin to forge a path to accomplishing them in 2018 or beyond.

First, grab a notebook and pen or open up a document on your tablet or computer and take some time to write down what you would like to accomplish in the final months of 2017. You can even begin thinking about the goals you have for 2018 and beyond.



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Consider what you can realistically accomplish in the next few months, but make it a bit of a stretch too, so it is compelling and motivating.

Once you have a list, see what steps you can take today. Yes, today. Take action - even a baby step to further one of your goals. Maybe just do a bit of research. But don't get stuck there.

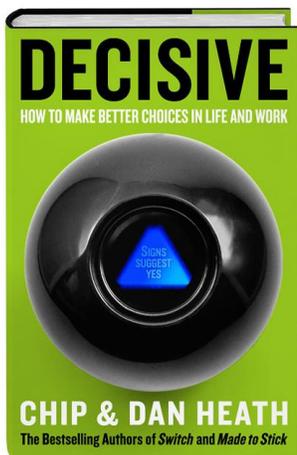
For instance, you may have a goal to lose weight, get healthier and in better shape in 2018, don't just write off the rest of 2017. Get a jump on it now before all the holiday parties and indulgences kick in.

Good luck and let me know what you are working on.

**Go to the link below for other blog posts and to let me know what you plan to accomplish in the remaining months of 2017.**

<http://judypeebles.com/September-2017/>

## Decisive – Part 1



I recently read **Decisive – How to Make Better Choices in**

**Life and Work** by Chip & Dan Heath

The premise of the book is that even when we think we are making decisions based on logic, we aren't. Our decisions are made from our gut with all our biases which we may not even be aware of. Even overconfidence can compel us to only seek information to justify our decision.

The book details lots of solutions to improve decision making both individually and with groups.

Some of the techniques I have personally used in the past couple of months

### **Emotional Distance –**

Most of us have probably made snap decisions when we were in an emotional state – high or low. And I am sure, like me, many of you have wished for a mulligan on some of those decisions. I, personally, do not believe in regrets and there are always lessons to be learned from past actions and decisions, but going forward, I think that gaining some emotional distance before making an important decision would be a good idea.

**10-10-10 –** How will you feel about your decision in 10 minutes, 10 months and 10 years? Recently, I had to make a decision and after allowing some Emotional Distance, I had an idea of what I would do. When I thought about it, I decided that in 10 minutes I would feel relieved – maybe just from having made the

decision. In 10 months I would still be okay with that decision and in 10 years it would most likely be completely irrelevant.

**Best friend –** I am always telling people to be their own best friend and this technique is similar. What advice would you give your best friend when faced with the same decision you are struggling with? This one is quite interesting. Most people can be really clear on what someone else “should” do.

**Ooch –** Not Ouch, but Ooch – try a little something – put a toe in the water. You don't have to go all in. You can take a small step and then evaluate.

One of the **Villians** of Decision Making -

**Narrow Framing –** Avoid Narrow Framing - We often look at decisions as this or that instead of this and that or a combination or hybrid solution. Expand your options.

I wrote about this in a blog post last year – Black, White & Grey.

<http://judypeebles.com/black-white-grey-2016/>

Stay tuned for **Decisive – Part 2** in my next newsletter.

**In the meantime, go to the link below and share your techniques for decision making.**

<http://judypeebles.com/decisive-part-1/>

## Don't Wait and Don't Do it Alone



As you work on your **September Surge** and begin to plan for your 2018 goals, I wanted to let you know that I have two coaching programs for you to **start right now**.

- Do you feel stuck?
- Lacking direction for your future?
- Overwhelmed by your to-do list?

Do you want

– A more balanced life while still maintaining the edge to get ahead?

– To do today what you can do and what's important?

Choose a coaching program to

- Get clear on exactly what you want.
- Stay focused on your goals.
- Have a life at the same time.

In the **Knowledge Series Coaching Program** you will

- Learn how the **5 Keys** can accelerate your success
- Create your **Vision** and Get Clarity on what you want and why

- Create the **Framework** and your Action Plan
- Use support, systems, structure and accountability to gain **Leverage**
- Expand your **Brilliance** and learn how to communicate better
- **Breakthrough** any barriers, internal or external that might be in your way

The **Create Your Corporate Compass Coaching** program will help you overcome the challenges you face daily in your corporate life and we will cover it all - 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.

Each program has three options – Online Only, Online & Group and Private Coaching.

Use the links below and **Start Now** – for special prices and bonuses.

Get access to the materials immediately.

Select Private Coaching and receive three additional private sessions to really set you on a path to accomplish you goals in the coming year.

**Don't Wait! Start Now!**

## The Knowledge Series Coaching Program

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

## Create Your Corporate Compass Coaching

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

**Get Out of Your  
Head!**

**Get Into Action!**

**Get What You  
Want!**

## 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>

## Back to School



September does mean back to school for me.

As I wrote about in the July Newsletter article – All That & a Bag of Chips,

<http://judypeebles.com/all-that-and-a-bag-of-chips/>

last summer I started teaching kids Writing and Public Speaking. And I am back at again. I definitely understand why teachers continue to teach year after year. When I have students returning to take more classes with me and parents emailing me to confirm that I am teaching again, it gives me lots of warm fuzzies.

Maybe because I am a big kid myself, but I **love** having fun with the kids while I help them build their confidence and knowledge.

## JetStream Coffee



As I am writing this, apparently it is **National Coffee Day**, a great day to order some great

coffee. You won't get it today, but it is on Amazon Prime, so you can have it in just a couple of days.

Ok, I admit I am a tea drinker, not a coffee drinker, but when I have my morning cup of tea, I take time to write in my journal, plan my day and dream about my future.

**You** can do that over a delicious cup of **JetStream Coffee** and ponder -

## Where will the JetStream take **you** today?

Are there places you dream of traveling to? Things you want to do? Write it all down as you enjoy your morning coffee.

I know it's a bit early to think about the holidays, but you could easily make up a cool gift basket for the coffee lover in your life, or a hostess gift for a friend's dinner or holiday party. Just add a mug, coffee grinder and / or coffee press to a bag of **JetStream Coffee**.

Three varieties to choose from - **Dark Roast Certified Fair Trade Organic**, **Light Roast Certified Fair Trade Organic** and **Espresso Dark Roast**.

Try one or try them all!

Go to

<http://www.jetstreamcoffee.com/coffee-1.html>

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