

A Personal Note from Joy:

Hi [First name],

How have you been showing up as a Leader in **your** life? I was fortunate to work with many Leaders recently.



mastermind group aboard the inaugural LeaderSHIP™ Journey in St. Pete's, FL.

October was another busy month preparing and facilitating the L.I.F.E.™ presentation at a weekend Yoga retreat in northern MN, and

guiding a



I continue to hear feedback about the value received when you're surrounded by other Thought Leaders. It's rewarding for me to notice how generous participants are with each other. And if you're wondering if you're a Thought Leader – yes, you are - you have unique gifts and experiences to share with the world. My hope is that each of you takes back the 'nuggets' you receive, and 'pay it forward' in your own community, in your own way.

This month's Featured News is about what happens when life isn't smooth sailing. On our LeaderSHIP Journey we had it all - calm seas, sunshine, engine breakdown, rain, and high winds – there were numerous adjustments and a lot of teamwork required to manage the seas.

This month's Q&A is from Bin, about how to be happy and live a fulfilling life. It seems like such an elusive goal, yet one of my favorite comments I love to hear from clients is that they're 'peaced out' or 'grateful' or 'calm', even when their life or business doesn't necessarily look that way.

Comment from a pleased yoga participant:

"I have a quick vision board story to share. This morning I was struggling to get out of bed. I really wanted to go to my spin class, but was having trouble motivating myself. Then I saw my vision board and the words "Healthy Living" popped out. I immediately headed out to the gym. Thanks for adding the extra inner reflective dimension to this year's retreat."

As you begin to envision 2012, be sure to consider coaching now more than ever. If you haven't achieved your 2011 goals, don't waste another year away – NOW is the time to finalize next year's strategy with an expert and a system by your side!

Have an outstanding month,

P.S. You're now able to download pdf's, videos and audios from the ezine for easy listening/reading pleasure on any of your electronic devices.

Featured News:

What Happens When Life isn't Smooth Sailing?

It happens, right?

You're sailing along and everything is going smoothly, then wow - rough seas ahead! What do you do? Do you turn around and go back or do you decide to navigate through the storm?

No matter who you are or what kind of life you live, there are times when you need to "adjust your sails". Whether you are facing a health crisis or are caught up in a corporate downsizing, the situation can cause you to readjust.

What happens when you look at the situation as a sailing metaphor, in this game called life? How does that change your perspective?

You do have options - you can: request support, 'take down the sails' and reflect on your best options, or jump into action and make immediate adjustments necessary to reach your destination.

When you are faced with an unexpected storm, it is perfectly normal to want to do all three. Give yourself permission to move in the direction of least resistance. Stress and panic usually don't give you the clarity you need to move forward.

For steps on navigating through the storm, [click here](#).



Q: Hi Joy, How can I be happy with what I have and live a fulfilling life, at the same time?
Bin, California



A: Thanks Bin for the question!

One of the ways to live a fulfilling life might be to keep striving for and accomplishing your goals, so you can realize that sense of achievement. If you are feeling like you are no longer happy with the status quo and need to change things up a bit, there is nothing wrong with that!

Being happy with where you are while striving for something more can be challenging. It's easy to long for something so much that you lose sight of what you already have. The key to remaining happy with where you are while reaching for your goals is to take notice.

How to be grateful for the now:

1. **Be thankful.** One of the most important steps in appreciating and loving where you are now is to be thankful. Take the time each day to look at your life, focusing on gratitude. You might want to start a morning or evening journal where you can write 5 things you are thankful for. Watch how this simple action quickly changes your thinking.
2. **Set goals.** If you find yourself living the status quo with no clear goals or sense of achievement, then change it. What do you want to be doing? Where can you spend your time that makes you feel happy? Maybe you want to volunteer your time somewhere?
3. **Notice your accomplishments.** Just like the gratitude journal, take the time to notice what you are accomplishing. Look back on your life and notice where you've been and how far you've come. Feel the achievement and acknowledge what you've already created.

Remember, only you can control your happiness - nobody can do it for you. Our brains are very powerful and can keep us in a pattern of unhappiness without even knowing. Take the steps and slowly watch the changes.

I appreciate your question and am here to support you.

To Your Success,

A handwritten signature in black ink that reads "Joy!". The signature is stylized and includes an exclamation point.

Monthly Reminders:

Our Speed To Advancement™ **Certified Business Coaching Program** has officially launched! You can join our program and get certified – then receive ongoing support with our Coach Co-Op Program™

For More Information: <http://SpeedToAdvancement.com>.

Download our latest program: **SmartStart™** - Whether you are starting a new business, facing a change for your company or looking to take your business to new levels of success—you want to start smart. **This is why we have created the “Speed-to-Advancement” SmartStart™ Program.**

Let me know if you're aware of any upcoming events where there's a need for speakers or break-out facilitators – I appreciate referrals!

Submit your question to <mailto:Joy@JoyPecchia.com> for the Q&A section of the ezine and look for my response in a future issue.

Sign up for my blog RSS Feeds at <http://BeyondBBD.com> and <http://SpeedToAdvancement.com>

I simply can't reach as many people by just promoting products and services myself. So I have a winning business proposition for you. Register as an [affiliate](#) and earn a commission too!

Remember to sign up for your exclusive [coaching package](#) today!

Guess what? You can find me on social media and I'd love to connect with you there. Find me at:

Facebook: <http://www.facebook.com/BBDClub>

Twitter: <http://twitter.com/Joypecchia>

LinkedIn: www.linkedin.com/in/joypecchia

