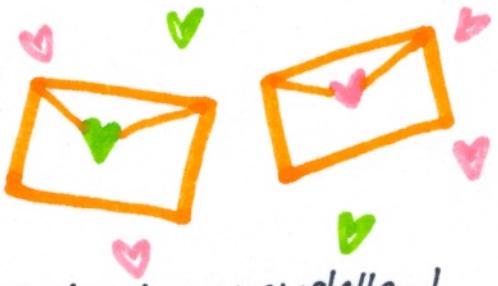


# PEGSVILLE POST

MARCH 2020



Welcome to the second issue of the new handwritten version of my newsletter! I'm so happy that you signed up to receive this. Thank you so much! I'm sorry that I couldn't send this via snail mail to you. Being in the U.S. epicenter of the COVID-19 Virus, I'm being extra careful about going to non-essential places. Alas, the copy store is part of that. But, the good thing about sending this to you as a PDF rather than a physical letter is that I can make this issue in **COLOR** and not worry about the cost of making color copies! So, I'm going to have a lot of fun using **COLOR** throughout this issue and I really hope you enjoy it. I hope you love this newsletter, but if you don't, you can unsubscribe at anytime. Just email me at [peg@pegcheng.com](mailto:peg@pegcheng.com). Cool, now,

**ON WITH THE SHOW!!** ☺

## How **RADICAL** IS ALL THIS?

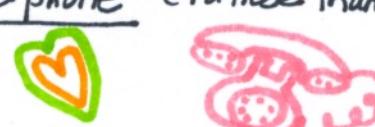
In my last issue, I wrote how I wanted more time every day. I wanted less stress, more joy, and less annoyance. I also talked about how "RADICAL" was going to be my word for 2020. Lastly, I gave a list of the radical moves—drastic moves—I was making to alter my daily existence and routine. I had **NO IDEA** that 2020 was going to bring us a **PANDEMIC** that would **RADICALLY** shift how we lived and worked. I mean, my God, who would have ever guessed this would happen?!? (Well, maybe Dr. Fauci of the National Institute of Allergy and Infectious Diseases...) I'm pretty shocked about the state of the world right now. My heart goes out to all the people who have lost loved ones and have had to watch helplessly as loved ones suffered with COVID-19. The flu kills tons of people every year. So far 23,000+ have died of it. But the contagious, fast-spreading nature of

COVID-19 is what makes it especially scary. I hope you are doing all you can to stay healthy and keep your loved ones, neighbors, and colleagues safe as well. **WASHING YOUR HANDS** 

Well and often is something we all need to get better at (present company included). Please do practice **SOCIAL DISTANCING**. 

I know it's hard! We are social animals after all. But keeping away from anyone who doesn't live with you right now until we contain this virus and have decreasing numbers of cases is the best thing we can do for ourselves and our society. Please, please, please do what you can to keep yourself healthy and safe. !!!

## What I'm Doing During this **PANDEMIC**

1. Getting out of my head and into my body (taking really hot showers at odd times, doing qigong via zoom, going for long walks) 
2. Talking to my loved ones on the phone (rather than texting all my convos or emailing) 
3. Seeking positive news (instead of just negative stats)
4. Creating something with my hands (like this newsletter! And planting sedums!) 
5. Supporting my local eats (Ordering pizza and takeout, getting bread from our local indie bakery, buying local products made in WASHINGTON) 

To read more about each of these tips, check out my latest blog post, **Better Days Will Come: A Mini Pandemic Survival Guide**, at

[peg.cheng.com/blog](http://peg.cheng.com/blog). Please comment and share your tips too!

# BIG NEWS!

## I'm opening a CAREER ADVISING practice!

It seems kinda surreal to open a business during a pandemic, but hey, life must go on. Also, I've been planning this for sometime. When COVID-19 came on the scene, I was taken aback and wasn't sure how to handle my launch. So I postponed it. For weeks. Now, I'm realizing that people might be feeling like they really don't want to go back to their jobs. This introspective time staying at home could be making lots of people re-think their jobs and their careers. They want to work, they want to earn money, but they also want to do that doing something that better matches who they are and what they truly like to do. If you're feeling this way, I'm here to help. You can learn about me and my advising philosophy at [pegcheng.com/advising](http://pegcheng.com/advising). If you have questions, email me at [peg@pegcheng.com](mailto:peg@pegcheng.com). And as a thank you to all of you, I'm giving \$15 OFF to anyone who books a new client session from now until May 31st. Just use the coupon code **BETTERDAYS** when you book your session. Please feel free to pass on this offer to your friends, family members, and colleagues too. And THANK YOU for helping me spread the word! ❤️

My book **REBEL MILLIONAIRE** is launching this Friday!!!

MORE BIG NEWS!

Yaas, the little money how-to book I've been working on since last November is all printed up and ready to go! I'm super excited about this book because I think it's going to help a lot of people. That is my hope and my whole reason for writing it. I mean, I'm a pretty private person, especially when it comes to my personal finances. But I knew that if I was going to write an engaging and honest book about money, I needed to be more open and candid about my own money situations (the ups + the downs). So, if you want to know how the heck I will retire as a millionaire (when I'm 65) when I've only made \$27,000 on average every year, GO to [PLAIDFROGPRESS.COM](http://PLAIDFROGPRESS.COM) to order my book! **3.**

# My SOUL-TO-SOUL MESSAGE TO YOU

These are crazy times. But even if they weren't, I'd still have the same message for you. And that is to take time each day to take care of yourself. I think

that so many of us run on autopilot. We don't stop to think about how we think about ourselves or about how we treat ourselves on a daily basis.

When we think of ourselves with a fleeting, dismissive mindset

("I really want to do \_\_\_\_\_, but I'll do it later." "Gosh, I so love \_\_\_\_\_, but why talk about it? No one cares." "I'm not happy about \_\_\_\_\_, but I shouldn't complain, I'll just keep it to myself." "Does anyone really care what I think?" "I wish I could be like \_\_\_\_\_. S/he/they always seem to have it together."), we are essentially telling ourselves that what we think and feel don't matter. Or they don't matter as much as what other people think. **BUT IT DOES MATTER.**

How you think about yourself, and how you treat yourself, matters immensely. If we all treated ourselves like the treasured child that we are, the world would be a vastly different place. I truly believe it would be more loving, more caring, more compassionate,

**MORE VIBRANT.** Changing the world begins with

changing ourselves. One thought a day. One action a day. Please feel free to print out and post the next page somewhere where you can see it easily. Or if you need to protect yourself and your privacy, keep this page in your journal or in the messy desk drawer that you know best.

The next page is my gift to you. **TAKE GOOD CARE OF  
YOURSELF.** You matter.



I hope you enjoyed this issue of the Pegsville Post! I truly enjoyed writing + drawing it for you. Please feel free to pass this on to a friend or colleague.



Thank you for helping me spread the word about the Pegsville Post! And, if you were forwarded this copy, you can subscribe at [PegCheng.com/contact](http://PegCheng.com/contact).



Thanks + much love,  
Peg



Treat yourself  
like the  
treasured  
child,  
that you  
are