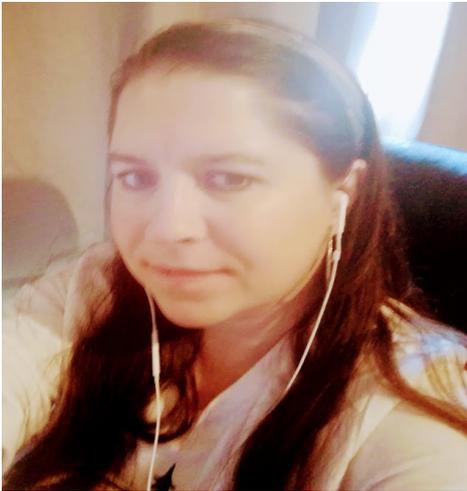




Monthly Newsletter

Typical London Gal



Hello and thank you for opting to read my first ever Newsletter I did used a blog as a Newsletter but wanted to create an actual one and so if you want to print it off you can or save it to read when you are ready.

Quote of the month

Think big

And you will get big

Its about wanting the things that means so

much to you and

build

Happiness

If you like a challenge then please turn the page for ones I did last year that I am going to do this year to help my own personal development and great way to get more out of life and being present with yourself





2022 Challenges

Last year I took on some challenges like 7 days, 21 days and 30 days and were so worth it that I put out a EBook a day and would like to continue on with more this year.

Challenges help highlight what you can achieve within certain days and what keeps holding you back from what you want to achieve and so I will begin with writing my Building Self confidence –the ugly duckling and will writing a post a day for 7 days from the beginning of February Monday 31st of Jan 2022

The biggest obstacles in our lives are the barriers our mind creates.

WWW.LIVELIFEHAPPY.COM

Challenges are what make life interesting and overcoming them is what makes life meaningful.

Joshua J. Marine

2022 Changes

I am making changes to help myself grow as being human we all growing still and so I am not eating things like crisps, going on walks again and creating more in my life so I grow and help others grow too.





Blogs & Videos

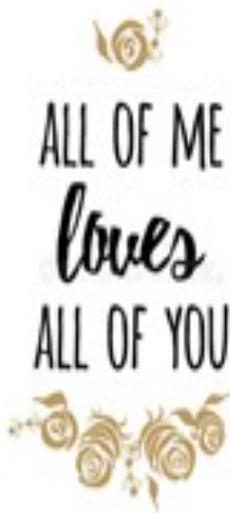
My blogs I write along with creating videos they are about lifestyle and life coaching.

I like to use my life experience to help others and I love that about doing this kind of work because it always changes and love connecting with you my audience in that way.

Please keep following me as it means the world and helps see what content to create and share next to keep connecting with you.

Please check my Pinterest where a lot of my blogs are uploaded if you wanted to check this out.

<https://www.pinterest.co.uk/thetypicalLondongal/>



The platforms I use for my blogs is with Wordpress, google blogspot and Bloglovin.

They are brilliant platforms and don't take long to create at all.

