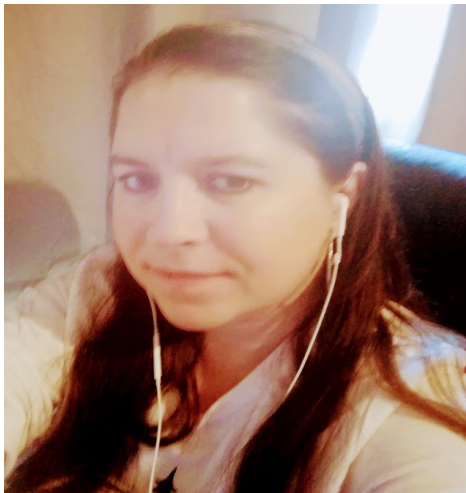




Monthly Newsletter

Typical London Gal



Hello and welcome to my Newsletter that I am going to do each month and this newsletter I talk about my first challenge I took on to build my Self Confidence blog:

<https://buildingselfconfidencetud.blogspot.com/>

I will be taking on another challenge for March 2022 . It is to clear out my email accounts of emails because they are very full.

I will create videos on March whilst I take this challenge head on. The link to my main Youtube channel is below here:

<https://www.youtube.com/channel/UCUDFIqjVKLy7NhtcR6Hy0Tg>

So when those videos begin to go up on my Youtube Channel I will let you know.

There will be more All About books videos coming for each month and be on the link above, on my main youtube channel.

If you'd like to recommend books then please comment on my channel when these videos go up.

Please check out my new book Mum and Me, on [amazon.com](https://www.amazon.com) under the names:

Carrie Challoner, Carrie Lee Mack and Carrie Holmes.

I will posting more videos on my other two channels:

https://www.youtube.com/channel/UCVjvO2fsowvFne_iMuG7d1g/videos

<https://www.youtube.com/channel/UCW6X7xXVFoaToqIDpGLTtSg>





2022 Challenges

March 2022: I am going to challenge myself to have my email accounts cleared out each day of the month, so for 30 days and have them all down to 100 emails per account.

I am challenging myself to do 3 shop with me videos, and this will be in March too and going to look in New Look where my son lives in Epsom and my Project 2022 is going to be from April to May and going to do another 30 day blog challenge, *(date and month to be confirmed)*.

Special Dates in my Diary I like to celebrate:

Easter Holidays

First Day of Spring

Mother's Day

St Georges Day

First Day of Summer

Comic Relief

National Women's Day

Mental Health Week

May Day

World Book day

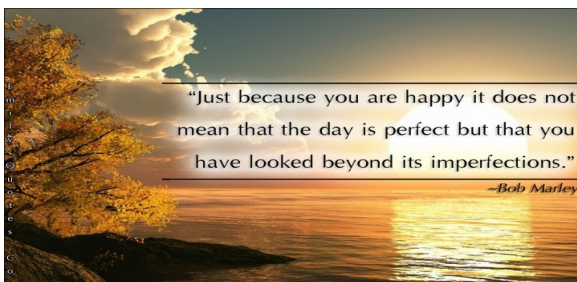
Spring 2022:

So we are heading into Spring and means that we can get ready for our summer clothes, changing up our home décor and getting ready to have salads again if you like to change your meals seasonally and do different activities you do for each season, like going for early morning walks, having a cold beer outside a pub garden and picnics.

For me it means time for myself to work outdoors and sit in a park to read a book with an iced coffee.

I really fancy booking an afternoon tea and want to have a pub lunch as I never got the chance last year, but this year I am going to do just that and be outdoors more.

I can play football with my son in his home garden, and rides on a river boat and going to the coast of England to the seaside.





Being a Blog writer

Thank you all for following my blogs and taking time to read them. I never expected that I would get the feedback I have been receiving but hoped and it has made a huge difference to your life.

Life is about living and being present in the moment too.

I love to day dream but be there and concentrate on each day and getting the most out of each day, like travelling, sitting by the river, out in the garden and taking in nature and creating memories of myself and my son.

Check out the link below for all my content and will keep on building myself and you too.

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



When it comes to blog writing I will write them down aswell posting when an idea just comes to me and are relevant to my life and can help others and would encourage anyone to give it a try.

