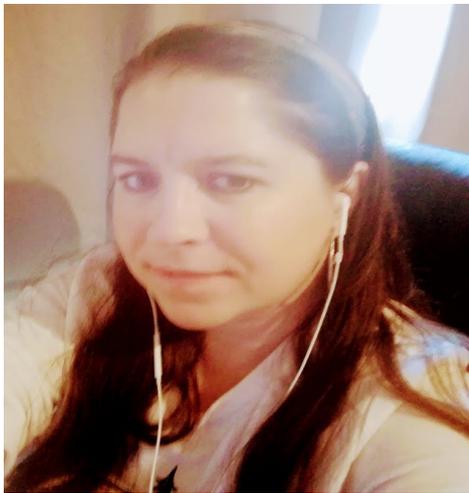




# Monthly Newsletter

## Typical London Gal



So the baskets I said I wanted to make didn't happen, because my card was hacked and it wasn't just a little a lot, but I still bought Easter eggs and my mum did a Easter Egg Hunt for my son, a friend of his and nieces, and did lots of stuff with my son during the Easter Holidays aswell doing a bit of work for a holiday club and went on trains and buses and so still enjoyed Easter which for me is so important.

My March challenge didn't go well but the fact I tried to work through my email accounts, when I give myself time I can control them. I'd eventually like help sorting them out, and I will be doing a video talking about it.



I will be sharing my challenge for April which is to set a goal a day and doing this has been great as it so far as shown me that I can accomplish a lot each day, example I wanted to get my next newsletter started and written, go to Sainsbury's and because I set goals with my to do list, found it easy to ac-

complish this.

If a day is too much then why not set a weekly goal or one each month. You can challenge yourself to do anything, like trying a new skill each month, do a course on Skillshare each week.

It is St George's day on Saturday 23rd April 2022 and so I will be writing blogs and create videos to celebrate and going to wear red and white on this day if you'd like to join me.



**WE DON'T GROW WHEN THINGS ARE EASY, WE GROW WHEN WE FACE CHALLENGES.**

PICTUREQUOTES.COM



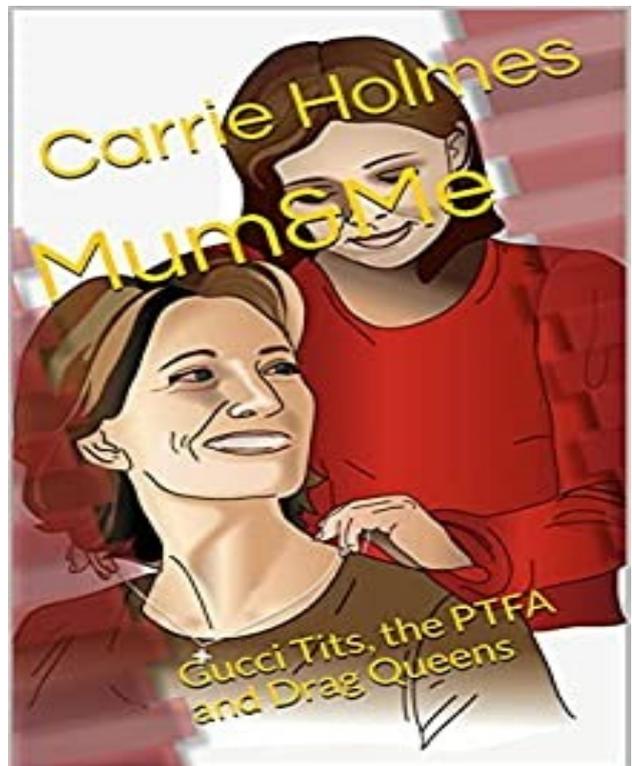
# 2022 Challenges

So my challenge for March was to clear out my email accounts and have each one that has a lot of emails in the deleted down to 100 blogs but failed and so going to get into the habit to clear ones I don't want each day and going to do this challenge again. It was a good one to set myself and not avoid them, but easier to manage.

My Challenge for April has changed to what I originally going to do, which was to set a goal a day, as I do subconsciously anyway so it is to set to dos and to get the done by end of the day.

Special Dates in my Diary I like to celebrate:

St Georges Day  
First Day of Summer  
Mental Health Week  
May Day  
Platinum Jubilee  
Fathers Day  
May Bank Holiday



## “2022 Project”

Starts in May to June 2022, and there will be blogs, EBooks and videos giving life coaching tips to help you get more out of your life in 2022 and make the best year ever. Even better than 2021.

# Being a Blog writer

As I create this months Newsletter, I am filming a Day in a life video which I am going to begin a weekly video, and I have three Youtube Channels, and so if you'd like to subscribe them please check them out, via the links below:

<https://www.youtube.com/channel/UCUDFlqjVKLy7NhtcR6Hy0Tg>

[https://www.youtube.com/channel/UCVjvO2fsowvFne\\_iMuG7d1g/videos](https://www.youtube.com/channel/UCVjvO2fsowvFne_iMuG7d1g/videos)

<https://www.youtube.com/channel/UCW6X7xXVFoaToqIDpGLtSg>



When putting together these newsletters it has helped me discover my true self and what I love to do, and it all started when working in a Contact Centre and met a guy there who did photography and gave me an idea to create and have my own website and so I started a blog on google and had a website on Vistaprint, and here I am 9 years or so later writing more blogs and have more books written, and I loved writing as a kid, and to get back into it has made me view myself differently.

It has happened overnight, but glad I stuck at it as it really is a great way to communicate with people all over the world.

Thank you for reading and for sticking with me too.