

2022 Project

Last year with “Project 2021” went well and loved the feedback I had been getting. This year it is the same, but it is my “2022 Project” which I developed in May of this year, following last year “Project 2021” and my Summer 2022 Project is coming in July and August, and this stemmed from the one I did last summer. It is reshaping your life.

What am I going to focus on this year?

For me it is a mixture of things in my life. I am now living with my mum again, co-parenting with my son’s dad, and having mental health issues, I feel I am desperate to sort out my life and help others sort their lives too.

I want to help my son with his education, but still have loads of fun and to do more myself. I want to expand my books and my knowledge. I want to continue to set goals for myself to be the best the mum I can be and support others with parenting too. Check out my two popular blogs, <https://everyonecanbuildacastle.com> and <https://theparentingadventurestipsandtricks.wordpress.com>

How to get my life in order?

I would begin by doing one area at a time, and in June of 2022 I challenged myself each day of June to sort out one area of my life and update my blogs, videos and home. For example, I cleaned and sorted out my windowsill and started doing a reset on Monday’s.

I have never been super organised and still struggle today, but I tell myself “I will get it done” and I do. This is not to gloat but show how Life Coaching has made a difference for me.

It is good to have lists completed and my content is growing, because I wanted to reach out to people and feel I am doing that.

Just now as I write this EBook I sort out my bookcase and it is therapeutic and helps clear the head, which I am sure you have read a lot about, but seeing the results does make it worth it, but the worry is will it get untidy again? Who knows.

I will keep you posted on that one.

So far though it has been good to make changes and helped clear the cobwebs that I felt surrounded me.

New Habits I have been doing that my help you too

I have turned my life around from being someone who thought the world was against me and who can I talk to? I have no support, when actually I do. So the habits I have now begun, is I now don’t sleep with my phone, I get up as soon as my alarm goes off, and at first this took some time, but I’m glad I stuck with it.

I make my bed, I brush my teeth as soon as I wake up and I have written EBooks on changing your life. They are available from Amazon, under the name Carrie Challoner and Carrie Holmes.

Just making one change can make all the difference, and make you feel happy to be alive and just do it step by step.

I hate rushing and feeling overwhelmed, and burning out. Take time for you, and make choices for you, and book a date with yourself. Put yourself for once. You are totally worth it.

Be your own BFF

Make peace with yourself and tell your inner critic no. Never avoid listening to it, as I find it gets louder so acknowledge it, then put it to rest.

Yes it is good to make friends beyond yourself, but in order to grow and get rid of self doubt, is to spend time focusing on you.

What gets you down? For me it was my teeth, my hair, my skin tone, my voice and the hair on my body. I often felt like a monster, and felt I look like Princess Fiona in Shrek when she turns green.

It can drain you and fear looking at yourself and it can be easier to put yourself down rather than being nice to myself. I realise now that this is a habit, and I wasn't born this way, it was my view on myself since being a kid, and I got used to it. I would avoid mirrors, photos and doing videos.

I remember when working at a Call Centre and listening to a call I had and cringed. I sounded awful. I never liked this but they did it to help us improve our calls and so had to be tough skinned and used to criticism. Yet I was worse than the person who would track the calls, and then being there 7 years later I eventually got used to it, and improved a lot, but this did knock my confidence.

If I had said to someone else what I said to myself, I would have been punched and so now being in my 40's I am happy with myself. I still get down days, but not so much, and you can do the same. This is by looking at your assets and this includes personal, work and play. Personal, you don't like your hair, Work, I keep feeling I am getting it wrong because I keep saying this, and Play, I feel awkward around going out with my mates and return to my shell.

Messing up and mistakes

I wrote a blog about this and we have all messed up our life, haven't we? I bet there are people who feel ashamed to admit it, however much we have built up in our lives. We need to make mistakes to learn. It is how you handle it that is key.

I am a dweller and an analyst. I will rant in my head over and over again, and feel drained because of it. So does dwelling and analysing the mistakes I have made, helped? No! It's another habit that I have gotten into, and feel like I am sitting on a broken record.

We forget we are human, but robots who get everything right. It would be a simpler world if that was the case, but that's not life. You need to live and learn.

I talked about a time when I was working for a marketing company and sent some books to the wrong people as I hadn't realised they were personalised and caused a lot of chaos. It was rectified though and made sure next time I pay more attention.

Having a reset

I talked about how I do a reset where I prep ready for the week and helps me start fresh each week, and be more organised.

So I will tidy my room, vacuum and clear any rubbish and have some shape to my daily and weekly routine.

This has made a difference and so would advise on it. I never until I ventured into the online world, knew what it was, and thought it might be a cliché, and everyone does that, but now I will include it, and I feel so good by doing so.

