

# Monthly Newsletter

## Typical London Gal



It is time for another monthly newsletter. What a Platinum Jubilee? Such a brilliant week and weekend. I did film a week in a life video so I am going to upload it next week, I just have a few other videos to go up first.

I am next week going to film What I like to wear in a week. I would also like to do another shop with me video of H&M and would like to take a trip up London and check the one up Oxford Street, because it is bigger and just like to see if they have any different items in that store. I really got into H&M. Often I would buy items and not fit and so pleased to re-discover their fashion again.

My Monthly challenge for June 2022, was to sort out one area of my life and this is my blogs, videos and physical items like my clothes and storage bins etc. I want to start doing a Monday Reset where I tidy my bedroom, change bags for the week, vacuum and change my bedding.

It is good to have a good sort out as I discovered I had another pair of shorts and remembered them when sorting out my Pinterest.

If you'd like to visit my Youtube channels then here are the links:

<https://www.youtube.com/channel/UCUDFIqjVKLy7NhtcR6HyOTg>

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

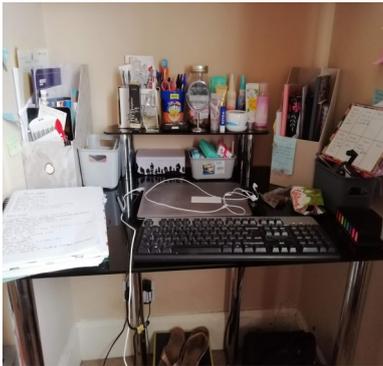
<https://www.youtube.com/channel/UCW6X7xXVFoaToqIDpGLtSg>

I am yet to decide what challenge I will do for July. I have edited some of my EBooks on Amazon, and so you can find these on amazon.com under the names, Carrie Challoner and Carrie Holmes.

My Life coaching programme "2022 Project" is coming to an end, and will then be working on "My Summer Project 2022" and will include more videos and more blogs. The blogs I write for these life coaching programmes, is <https://everyonecanbuildacastle.com>

I have a printable my "2022 Project" for you to go through and will go up before this newsletter so check it out on my blog site detailed above, everyoneanbuildacastle.

There is more to come, and really look forward in sharing.



This is my desk and where all the magic happens, writing blogs and books, and got it tidied up for my June challenge 2022. I did in the evening not to gloat but to inspire, as my desk doesn't always look that tidy.



# Enjoying the Summer

So we are in the summer time now and it has been wonderful so far. I love spending time writing in the garden, walking and spending time with my son.

When it comes to life look around you and see the day as it is. If you are not happy at the moment, then it is no time like the present to get that sorted out. Perhaps you are doing too much, I have been there.

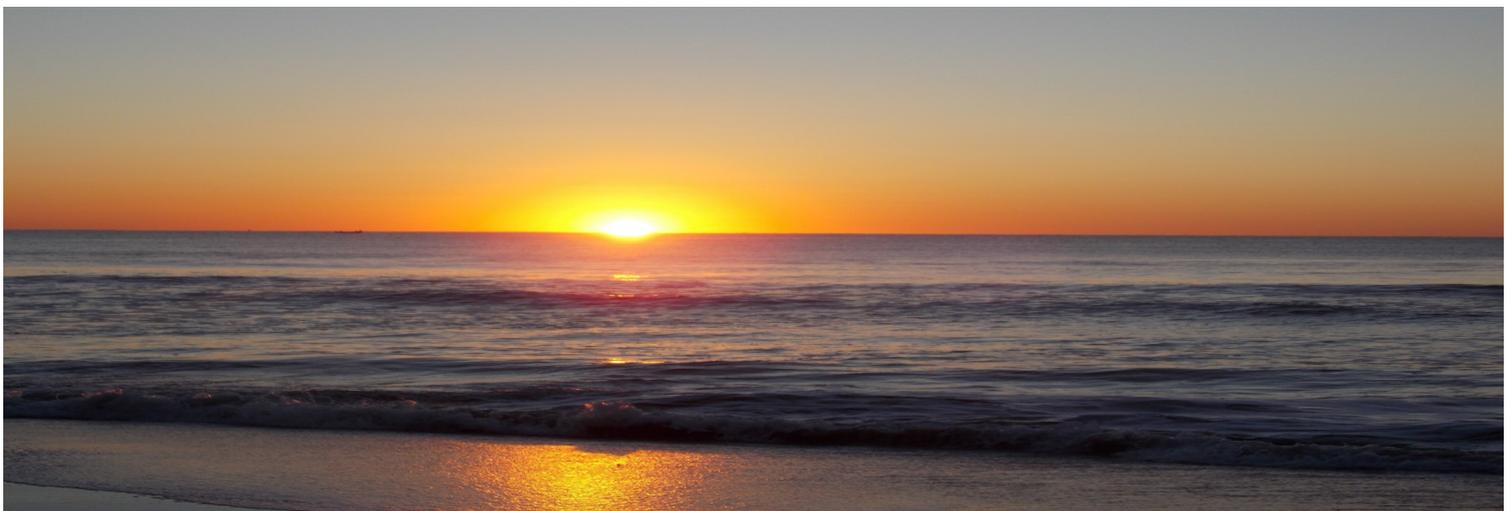
Put yourself first for once and look after you. It is good to be selfish sometimes, you do the things you want to do, and stop doing things for other people, without concentrating on you.

Set up a Summer Challenge, like reading a book whilst on holiday and switch your mind off to sit on a sun lounge, with a glass of lemonade and read away.

Walk each day along the seaside or run, and get your kids involved so it benefits everyone, have summer challenge for the entire family can do, like set a volleyball tournament, and have entire family playing.

When my family and I would go camping with other families we knew, we would often have a game of rounders, then at breakfast, lunch and dinner, we'd all sit by the bonfire and all muck in to cook food for everybody. It was such good fun and great to do with your friends and their children.

Go for a cocktail night, of course not encouraging binge drinking but having a odd cocktail, something you wouldn't do at home, and go dancing. I loved it as a kid when there would be kids discos on. I was always up even when I was working at a holiday camp. You have to make the most of your surroundings, and have fun nights out, or why not have a girls night in. Me and my friends did this, and each bring a drink in, and watch a film and have a good old chat, something different from the norm, and just enjoy the summer.





# Here are links to my Youtube channels, my Pinterest my blogs and social media accounts:

Youtube:

<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/UCW6X7xXVFoaToqIDpGLTtSg>

Link for my Pinterest:

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

Blogs:

<https://carriesversitilefashion.wordpress.com>

<https://sportsandfitnesspassion.wordpress.com>

<https://theparentingadventurestipsandtricks.wordpress.com>

<https://theparentingadventuresthebirthofmyson.wordpress.com>

<https://everyonecanbuildacastle>

<https://mystylewayofliving.blogspot.com>

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

<https://organzie4thebetter.blogspot.com>

<http://stylishmamma.blogspot.com>

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

Social media:

<https://www.instagram.com/typicallondongal/>

<https://twitter.com/Carrie82434764>

<https://www.facebook.com/carriesblognetwork/>

