



## The Summer Project 2022

This is to help you have a better summer and one that helps get your life together.

If you missed my “2022 Project” Life Coaching programme then this is fine, you can find the blogs on Everyone can build a castle, and my Youtube channel, under the name Typical London Gal Carrie Holmes.

At this moment I am at my desk listening to Mel Robbins and this helps me function and helps build my energy. I do a lot of time watching videos and podcasts, because I like to learn from others and want to do the same. I love reaching out to you, and want to help you build your life, whilst I continue building my own.

I will be setting up [Pinterest for the Summer Project](#), like I have done my other Life Coaching programmes.

It is all about building your wellbeing and looking after your health. They both go hand in hand as far as I am concerned and being someone who has not felt good, I really feel I am more determined to make my life better with each day. I don't want to be worrying about my mental health anymore. I don't want it to effect me from doing so much anymore. I believe in fighting back. I don't want to spend my life anymore feeling bad about myself. I want to enjoy life more than ever, and you can too and want us to work together in doing so.

First of all, what you want to do is to look at your life now, and think where you are with your wellbeing, and measure it. I do the 1 being the worst ever, to 10 I feel top of the world. For me I feel 9, and that is because I missed my workout this morning that I wanted to do, so in changing this paragraph I just did some and feel so energised afterwards. If you are telling me to piss off, I hear you, that is how I am often feeling, but it has become my life as I love the feelings when I get my arse in gear to do some exercise. All I do is six exercises and that is pull downs, working on toning my arms, leg raises and working on my obliques. Just In case you were wondering.

When it comes to life we have to remember that we aren't here to do thousands of things but it is good to get parts of our lives sorted, get rid of the things that hold you back, and not live outside your body, like I have often felt. I want to enjoy my life and enjoy time with the ones I truly love. Summer time is when I want to be sitting outside a pub and enjoying my own company aswell as others.

It is the simple things that make us get up rather than staying in bed, and not budging, but it is also good to have days feeling more chilled rather than being busy all of the time. It is good not to be busy 24/7 and to spend time having a bath, reading with just a lamp on and nights indoors to shut the outdoor world out.

It is all about feeling fulfilled and creating a setting to having a good wellbeing and time for yourself to just be with yourself.

24 good habits you could do today:

1. Block schedule
2. Spend time to do a bit of reading each day
3. Sort one area of your life each day and clutter free
4. Clear out your inbox each day
5. Do a speed clean
6. Play a sport with your kids or go for a walk
7. Take a bath with salts or use a scrub
8. Listen to music whilst working and travelling
9. Check your bank account everyday
10. Make a donation to a charity
11. Do a reset each week
12. Have a meal as a family
13. Journal
14. Do some writing
15. Do a workout at home
16. Make the bed
17. Take a cold shower
18. Medtate
19. Do some mindfulness
20. Have a social media free time or day
21. Watch a movie each week or watch a boxset
22. Have a meal in the garden
23. Go on a date, and yes even if you are on your own
24. Watch the sunset

### **Dealing with summer insecurities**

I can feel a little insecure about the summer, when it comes to looking after my son, clothes I wear and parts of my body being exposed, yet stay cool and look after my skin.

I worry in case people see the hair on my upper lip, armpits and legs.

I have bought Bikinis, but always felt insecure and wanted to cover up, even as a kid I felt this and has grown with me. I don't own a bikini at all now,

You will see me wearing a swimming costume but I wear it with cycling shorts because of covering up my bikini line.

Yet I am becoming a bit immune to those feelings and that is accepting myself and if I still don't want to wear a bikini is my business and up to me, yet I feel I would like to, but it will take time. I would only wear it at first in the garden, but nowhere else for now. It is going to be a slow process and I know that I am not on my own feeling this way and is why I am reaching out to you, so we can work together to build up our confidence when it comes to the summer, and feel okay about ourselves.

## **Productivity, what is it?**

I have shared a lot about this on my blog site, everyone can build a castle. I believe in having a routine, but a flexible one. Being a mum it can be unpredictable as I make sure my phone is nearby in case the school phone, or in case my mum phones, there will be unexpected events, so productivity prepares me for that.

It is being on guard, and adapting to changes, but still plodding along. If I don't feel like writing today, I won't, if I don't feel like exercising I don't. Get in touch with what you want and I will do something else, like right now because I love doing my Life Coaching programmes writing this EBook rather than working on my blogs.

I will never forget that this is my first love, and my introduction to the online world, but it is good to do other things, surrounding my blogs.

It is good to make changes to the routine, as doing the same thing everyday can be boring, so if you feel like going for a walk, do it, if you want to wash your hair rather than write that letter for example, do it and make time for the ones you love and yourself. Make it a habit to clean as you go. I not a fan of cleaning and doing housekeeping and cleaning for a school, made me realise that, and couldn't make a bed to save my life, but it does need to be done, so I make the time for it, and in being stubborn, I like the finished result once I have tidied and potted around.

It's not doing 25 things at once, but setting time to get items done, but you set time to take a break and spend time doing other things, that makes you feel good.

## **Everyday Living**

So what do you do everyday that currently impacts your life at the moment? Does it effect your everyday? It is not having time to brush your hair, not having time to have a bath, that you have tried to apply to your every day, not having time to exercise.

It is often because we haven't established a good routine and needs to be changed, so it does suit you. Or other things like becoming a parent changed for you that the old routine is now not suiting you. It took me and my son's dad to establish a routine that worked, so we both weren't worn out and that meant adjusting to our son's pattern.

Sticking to a routine can take time, and it's taking in new things in our life. When I worked at a Holiday Camp it was a totally different world, and we would do split shifts and it took me at least four weeks to adjust. We weren't allowed to drink in the camp or outside in the area until 6:30pm. Not everyone followed the rules, but it was a strict living environment and even when you weren't well you still had to go in and if the supervisors felt that we were okay they would still make you work. I initially went there because I wanted to be a Red Coat, but never happened but still enjoyed it down there. It was nice being near the English Coast and being able to relax on the beach was just needed at that time. I then spent 5 years down there. I am so proud of myself that I did that, t and it was good to experience a different way of living.

So get a diary or a notebook and start working out the things you do each day, and then in doing so, go through what you'd like to change. I hear you, don't tell me, "You hear that a lot", but does it really make a difference? Yes it does, because we can underestimate tasks, that is why I am all about taking small steps. I am fed up with jumping in with both feet.

I do this a lot so setting out my day helps me to not get burned out, and suffering with anxiety it is important that I take my time to plan and this means setting time to make a good

breakfast routine where you can make a cooked breakfast on some days rather than a bowl of cereal all of the time.

Set time to have a good tidy, but put on a podcast or an audiobook whilst you do so. Then in the afternoon if you find you go into the After slump and want to rest, then do so, set a time on your phone and then have someone else make dinner in the evening or go out occasionally. Just making these adjustments means everyday isn't the same, because for me that is boring.

I believe in retail therapy and plan a shop and go for lunch somewhere new that you've not tried before, or take it in turns for you and your friends to cook a meal. Scheduling time to socialise is great for your wellbeing, because its good to see a friend and have a chat and catch up.

**Here is a example of how to block schedule in case you didn't know**

**9am to 11am you spend time getting ready for the day, having your first drink of the day, reading emails and have breakfast**

**Then 11am to 1pm, you begin tidying the house, the kids are at nursery or travelling to get to work.**

**1pm to 3pm Work on the computer before the kids return from school**

### **Following your dreams**

I know there will be people shouting at me saying "It's chasing your dreams", but for me it sounds as though it is something we are never going to reach and so that is why I have written in this way.

It does mean being ruthless, and that is letting items in your life you no longer need anymore and letting go. Be disciplined and listen to your gut aswell as your head.

I want purpose and positive connections, and being acceptive that your dreams have changed. Like you wanting to learn how to play an instrument, for example the violin and you didn't realise how difficult it would be when you see people playing with ease. You can choose whether to keep going to lessons or try something else, like guitar, and you find this connects with you better. Connection for me is an important element with all things that I have in my life that make me smile or makes me feel that I'm just useless.

I found dancing easy, yet when it came to things housekeeping, didn't connect with me at all, but kept going, but found that it just gave me dread, yet was pleased that I gave it a go and now beginning to decide on what I would like to do, and then is to reach out to people and helping them through life troubles and support other parents, and I am doing a lot of training to help me to help children and adults grow.

There are always going to be difficult situations however much we try to avoid them, but not allowing them to effect you in following your dreams, you have to let go and push forward.

### **Lifestyle Living**

This is all going to be about Organisation, not feeling fulfilled, days when you just want to take a break, Money worries and effective living.

Life is a balance between what we want in our lives and what we have to do in our life. If you don't feel fulfilled then things need to change.

I have days where I could stay in bed all day long, but will this benefit me? Not anymore. I have to write each day and look at my current lifestyle. When you scrape yourself out of bed it means you have constant fatigue and may need to look at your health that is causing this. I have a new medication that helps with that and I take supplements.

Do go to your doctor to make sure it isn't a medical reason.

I will be talking about changing your diet. I have had tummy troubles and felt often sluggish so I in my head went through what I eat and bad habits that have caused my lack of energy. This morning I was tired and was going to go back to bed, but had breakfast, took my medication and my supplements, had a piece of toast and had my shower yesterday evening and so saved me time, and it is little changes of your routine that can help and have done a food diary and this helped me with my diet, and jotted down anything that upset my stomach and making me feel tired.

So making good lifestyle changes can help give you more energy and work on one area at a time.

Please give me feedback and remember you can follow me on my blog everyone can build castle and my youtube channel and so here are the links:

<https://everyonecanbuildacastle> and my Youtube that my life coaching videos will be one, is under the name, Typical London Gal Carrie Holmes

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

Many thanks for reading,

Carrie X