

MY 2023 JAN NEWSLETTER



Hello and welcome to my first Newsletter for 2023 and I am really looking forward to what this new year brings.

My book Mum&Me is now available from Amazon.co.uk and so if you put in the title Mum&Me by Carrie Holmes, you should find it.

I am doing No Spend January at the moment and have filmed a couple of video for this, on my main channel, Typicallondongal Carrie Holmes, and so far it is going well. I have been going through my budget and controlling what I buy and being mindful of my spending habits.

I have set myself some money goals and planned my reward and be in control of where my money goes. It is so tempting to just tap your card without thinking and before you know it, the money you planned on saving has gone. So it is being wise on choices and if I need that item or not.

Check out my new videos I did as part of my Reset for 2023 and uploaded a video to my main channel. I do want to do more videos for my other channels, My Way of Living and Carrie's Educational Youtube Channel. It is good to sort out different areas of my life because there is so much I want to do that I have to set time to do all the things I plan and prevent feelings of feeling overwhelmed and Burn out.

Goals and good habit ideas that can alter your life

Goal ideas:

- I want to be fitter and healthier so I can spend time to looking after my body
- Spend more time with family
- Go on dates with myself and explore different places
- Write a book
- Work for myself
- I want to learn now to play a musical instrument
- I want to save myself £1000 a month

Good Habits ideas:

- Put out my exercise clothes by my bed each morning to encourage me in doing a workout
- Call or text a family or friend and set dates to meet up
- Plan my meals each day and keep a diary to reflect on eating habits
- Go through your diary each day to book places to go and visit
- Write each morning or evening
- Set goals each day keeping them small to build your own income and decide on what you want to do to work for yourself
- Check out classes and try different ones to work out which item you want to play and play each day
- Do a budget and log your finances to workout where you want your money to go and clear any debts to start saving

Please checkout the links below for more content

YOUTUBE:

[HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCUDFiojVKLY7NhtcR6HyOTg](https://www.youtube.com/channel/UCUDFiojVKLY7NhtcR6HyOTg)

[HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCVjvO2fsowvFNE_iMuG7d1g/VIDEOS](https://www.youtube.com/channel/UCVjvO2fsowvFNE_iMuG7d1g/videos)

[HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCW6X7xXVFoaToOLDpGLtSg](https://www.youtube.com/channel/UCW6X7xXVFoaToOLDpGLtSg)

LINK FOR MY PINTEREST:

[HTTPS://WWW.PINTEREST.CO.UK/THE TYPICAL LONDONGAL/](https://www.pinterest.co.uk/thetypicallondongal/)

BLOGS:

[HTTPS://CARRIESVERSITILEFASHION.WORDPRESS.COM](https://carriesversitilefashion.wordpress.com)

[HTTPS://SPORTSANDFITNESSPASSION.WORDPRESS.COM](https://sportsandfitnesspassion.wordpress.com)

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