

Monthly Newsletter



Hello and welcome to my monthly newsletter February 2023.

This is all about my challenges I have done so far and what is to come.

I hope firstly that you had a good valentines day and getting ready to flip and celebrate pancake day, on the Tuesday 21st February. I was given a lovely card from my son on valentines, but didn't go out, but as its been half term been visiting different places and uploaded a day in a life, on my Youtube channel [Typical London Gal Carrie Holmes](#). If you'd like to check this out.

I have been taking on a new challenge for February finding good deals and on what I been spending each week and been filming and uploaded some content for it on my Instagram: <https://www.instagram.com/typicallondongal/> This will continue to the end of the month and then it is planning for March. If you'd like to check out my content about this challenge then check out my Youtube channel mentioned above.

It has been great to manage my money and be vigilant of where my money goes and what is a good investment and not always going for low price products, as it depends if you like the item and if it is going to be quality or not.

I am doing my book challenge, and read a book a month and nearly read two this February and there is a All about books video due and remember my book Mum&Me is available from Amazon, by Kindle and Paper back: <https://www.amazon.co.uk>

Then I am challenging my self physically and using my fitness app on my phone to burn off 110 Calories a day and measuring my steps using the Health App I have on my phone. I am also challenging myself on not buying any more clothes this year and have written a blog on it on my blog site: <https://carriesversatilefashion.com/2023/02/17/how-i-plan-what-i-am-going-to-wear/>

Setting goals, targets and changing habits

I think it is so good to set yourself targets because it helps towards your goals and if you haven't set any no problem, you can start now and start off with a daily challenge to monthly, quarterly or yearly.

If it is going to improve your life than so be it. I am all about happiness and wellness and personal development. changing your habits.

One habit I loss touch with in 2022 was exercise and running and so the one goal for this year 2023 was to start running again, and I have. I still not ready to do a 5k run because I just to do one lap around my local park for now to start me off and then increase as I get the strength back in my legs to grow my distance.

I took a two year break and forgotten about the benefits until now and glad to be pacing those paths, and the other area I lost touch with was putting on make up. I still don't wear make up everyday because I do like on some days being make up free but remembering how it boosts my confidence, trying to get into wearing more regularly gives me self worth.

I like to look after my skin and it is important to me, but I do like to also try different products, and have made videos about my skincare on my channel typical London gal Carrie Holmes (linked above) because I think it is important to me and want to help others who ready my blogs and watch my videos to look after their skin too.

Skincare can have a real impact on your feelings about yourself, like growing hair on your face and body. I do get hair above my top lip and remove it because it lowers my self esteem.

I do suffer with sensitive skin and dry skin, and it bothers me, so to give myself care I spend time using products to improve and keep my face looking young and clear. Aging does concern me and so to make sure it doesn't take control so I take action to help support myself in this area.

You only get one face and skin so why not maintain it.

Its all about making yourself to feel good, and be able to smile at yourself in the mirror. I do have body confidence issues and been throughout my life, so want to manage it.

It's up to you if you want to make changes to your life.

I deleted my courses on my Educational Network, as want to recreate them, as I have mentioned these in videos, but wanted to make them better, so keep checking my blogs and videos once these have been done.

So have a good rest of February and lets looking forward to the Spring.



Check out these links to my different channels and platforms

Youtube Channels:

<https://www.youtube.com/@mywayofliving1602>

<https://www.youtube.com/@carrieseducationyoutubecha4891>

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.com>

<https://mystylewayofliving.blogspot.com>

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

<https://organize4thebetter.blogspot.com>

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

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

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

Social media:

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

<https://twitter.com/Carrie82434764>

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