



# Summer Project 2023

**Build a better life  
and r year year**

# Contents

- Welcome and Introduction
- Topics we will be talking about in this years programme
- Where will you find my content for this programme
- The Outcome

# Welcome and Introduction

**Welcome., it is another year and around about now we would have given up our resolutions and think "Okay I will try again next year" and becomes a vicious circle and you still giving them up by February of the next year.**

**I no longer set resolutions but make Life changes instead and break them down into quarters and this has helped keep them going.**

**So this is all about starting your year now as it doesn't have to be in January and often the goals I have set in January have changed, because you change as you travel through each year, so I want you to not worry that it is now 4 months later and make changes today.**

**Have self belief and lets help each other to grow and to have a better life and a better year.**



# **Topics we will talking about in this years programme**

**The topics I will be covering will be:**

- **Forever growing**
- **Building your dreams**
- **A life full of happiness**
- **Feeling unaccomplished**
- **Feeling fulfilled**
- **Effective Living**
- **Powerful living**
- **Mind Management**
- **What you currently love**
- **Is it good to cry/how to heal over trauma**
- **Planning your life**
- **Having a good system that can lead you to building the life that you deserve**
- **Making deals with yourself**
- **Self care and development**

# **Where you will find my content for this programme**

**You will find my content on my blog everyone can build a castle, my main Youtube channel and my Pinterest and twitter and Facebook**

**<https://everyonecanbuildacastle.com>**

**<https://www.youtube.com/@typicallondongal>**

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

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

**<https://twitter.com/Carrie82434764>**

**<https://www.facebook.com/typicallondongal/>**

# The Outcome

**This has been designed for you to feel better about your life and to be able to get up in the morning with a smile and take control of your happiness and wellbeing.**

**I want to help you make every day count and give time to allow yourself to grow and be present.**

**I want to help you by taking tiny steps to gain control of your life and develop habits that feed your wellbeing and practice gratitude and self love.**

**You have to learn to love yourself to love other people and invite people into your world that also brings joy and happiness.**

**We are forever growing.**

