



Summer
Project 2024

The logo features a central yellow sun with orange rays. The word "Summer" is written in a bold, bubbly, orange font with a white outline, positioned above the sun. The word "Project" is written in a cursive, orange font with a white outline, positioned below the sun. The year "2024" is written in a simple, orange font to the right of "Project".

Why read my life coaching Content for my Life Coaching programme Summer Project 2024?

It is a completely free programme I started two years ago and got some really good feedback and there will be extra tools and resources for it which again will be completely free.

Its giving tips that have helped me and no longer feel stuck in a rut and that my life is growing and no medical terms that not many unless you have worked in the medical understand, because this hasn't helped me either.

There are many things that many don't tell you about, like your anxiety can grow as you get older and how to deal with that, and some people don't change who upset you in your life, and friendships can change. This can cause us to feel bad about ourselves.

Life isn't about being perfect, but have a life you love and feel happy each day your here in this world, and we don't have to be against each other.

i will be sharing habits, developing skills, planning your life, creating a vision and setting up a life that helps you to feel like it is going somewhere. Do we want to stand still or continue to grow?

It is important for us to keep going and facing head on to our fears and challenges that occur and not allow setbacks to stop growing in the people we want to be.



How do you feel about your life right now?

What are your fears?

What areas of your life are you struggling with?

Making changes

I have made a lot of changes in my life. I didn't have a good relationship with myself and was very shy as a kid, and I thought when I got to adult age this would change. I found it hard to let things go and was untidy, and I am still not super organized but now I have made changes, like giving myself more time in the morning, by changing what I consume, and educate myself everyday about life that can help others to do the same.

I will organize to stop me from being disorganized, by having a good declutter, journal on my thoughts and make sure I care about myself, as I didn't want to be spending the rest of my life being super hateful of myself and my life.

I changed my friends when I began Secondary school, because there was a time where I didn't play out, because I was fed up of being picked on and so when I went to Secondary school had a different group of friends, and things changed.

My relationship with school was hard and would dread it. Yet when I went to dancing classes at the weekend I was fine. Shy at first but as I continued on I loved it. I started changing my clothes. I no longer wanted to be in frilly dresses and became a bit off a tom boy. Yet there was a girl called Lorraine who told me that I always looked smart, and this was when waistcoats became fashion and not just what waiters or snooker players wore.

This programme is going to help with that, so be as honest as possible. There is no judgement, I just want you to see that you can change your life and accept who you are and have a life where you look forward to each day and how to be more acceptive of who you are.

So what changes do you want to make in you life?

I have left a few pages for you to use to fill in or use a notepad, whatever works for you.

What do you want your life to look like ?

Again I have left some blank pages for you to use

Having a Routine

I enjoy having a good routine and do all the things that makes me happy and is simple living.

My routine has changed, but leads to the same feelings and that is enjoyment which helps me concentrate on different areas of my life.

I make sure I know what I am going to do each day and scheduling, and mix it up of what I got to do with what I love to do. example I like to make sure I journal everyday of what has made me happy each day and planning using my diary, Filofax and started to use Google Calendar again.

I like to catch up on TV and like to listen to a podcasts or audiobooks whilst travelling or walking, or music. Creating playlists and days not looking at my phone or posting.

Spending time with my son and going for walks or playing sports. He loves trains and buses so will go on a lot of bus or train rides, and keep note of where he wants to go.

I like to meet my mum for lunch as she works at my old Secondary School in London and just having a bit of a break from being in the same surroundings can be really uplifting and spread out my to do's through the week so they get done, and this helps to get out and exercise and not doing too much each day and plan down time, for just myself and completely switch off to make sure I have a good nights sleep so I feel fresh each day.

What is your daily routine?

What would you like to eliminate from your life ?

I knew I had to make changes in my life to move on and the one things I needed to stop was over thinking at night so I now no longer use my laptop late at night and now I sleep so much better. I turn my phone on silent and only thing is set is my alarm.

Then there is being with people who may affect you. When someone moans all of the time and have nothing good to say about anything or any body, can cause us to feel the same.

If it is debt. I got in severe debt at one time, and it really got me down and so I now have it under control, and did seek help and was scared at looking at my bank account. So, it could be to eliminate debt. Anything that is causing you to feel bad about your life to make changes to make it better and build your life so you have nothing stopping you that can affect your happiness.

What are you happy about today?

Everyday now I will write about what I am happy about and it really helps with my negative feelings, and things that has made me feel good about my life and myself.

It is reflecting on your day and will help see what makes you happy and want to continue on doing to continue building your happiness.

I bullet point. I suppose it in a way it is bullet journaling which can be really effective. So go through the questions above and lets work together to have a better feeling of our lives and what we want to do to help building our happiness, for our wellbeing and changing relationships and let them grow but making changes to how you feel that will contribute to you being happy each day.

