

# Monthly Newsletter

## Typical London Gal

So here we are only one day before Christmas and I have a nasty cough and getting over a cold and spent a lot of time with my son and exploring and soon it will be a new year. Yes 2023 is only around the corner and I have started to plan for next year so it is as good and better than the last.

I still have bits I want to be done before the new year and have my book out and published and set myself some new challenges for this year. January I am going to join Kate Haden and have a no spending month and only what I need.

It is time to set your goals for 2023 and I do plan to do another reset as I want sort out my desk and my make up, along with having a better exercise routine as I do love working out it's just getting the energy to do some that I have been struggling with, but I have been exercising when I can but would like to do more floor work like yoga, Pilates and use my dumbbells and want to get into running again.

So start planning and lets help and encourage each other.



No that is not me but what inspires me and is my vision I have for next year and gong to add this to my 2023 vision board and this helps me to look after myself and feel that I deserve to look after my body and health.

Being healthy is the key and what works for you.

It means to give yourself some self love and attention and put you first for once in your life rather than taking care of others.

We all need time for ourselves and so it is important you do it.

The other thing is I'd like a holiday and go away near the seaside again, and go to some more football and rugby matches as my son loves it and great thing to do on a weekend.

I would like to see a lot more shows and go to a festival if I can, as I gutted I am not going to see Bruce Springsteen.

Then there is my content and I will be sharing a more videos of my life and building on my other two channels and have another EBook out and another novel out, aswell as my book I am editing Mum & Me.

Life is about living and enjoyment. Being with people who hold your hand when you fall and can have a good old chat with. Christmas should be a time to let things go and use it to end wounds and to have a better life than ever before.

This can be tough when events we can't control take hold of our lives, like losing someone or there have been a break up, but you can get to having good times again and I have battled with my mental health and have control over it at last.



## How I set out my goals:

First of all make a list using paper or like I have this year aswell as write it down is used One Note and begun planning and my Pinterest to help me build to create a vision board, and imagining myself achieving my goals and how I will feel when I have followed them through, and how they make me truly feel.

I then separate them into Home/Personal, Work and Play.

So use this page to mark out your goals and if you'd like to share them with others then comment once this newsletter goes live on my blog <https://everyonecanbuildacastle.com>





# Here are links to my Youtube channels, my Pinterest my blogs and social media pages:

My other Youtube channels:

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

[https://www.youtube.com/channel/UCVjvO2fsowvFne\\_iMuG7d1g/videos](https://www.youtube.com/channel/UCVjvO2fsowvFne_iMuG7d1g/videos)

<https://www.youtube.com/channel/UCW6X7xXVFoaToqIDpGLTtSg>

Blogs:

<https://carriesversitilefashion.wordpress.com>

<https://sportsandfitnesspassion.wordpress.com>

<https://theparentingadventuresthebirthofmyson.wordpress.com>

<https://mystylewayofliving.blogspot.com>

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

<https://organzie4thebetter.blogspot.com>

<http://stylishmamma.blogspot.com>

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

Social media:

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

<https://twitter.com/Carrie82434764>

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

Online Courses:

<https://carrieseducationnetwork.thinkific.com/>

