The background of the entire image is a dense, overlapping field of three-dimensional numbers (0-9) in various shades of light blue and white. The numbers are rendered with soft shadows, giving them a sense of depth and volume. They are scattered across the frame, with some appearing larger and more prominent than others, creating a complex, textured visual field.

# Creating A New Journey To Your Life

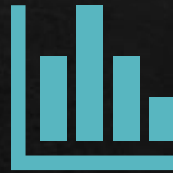
By Carrie Lee Holmes

# Three Strategies to follow



## **Creating new relationships**

Declutter those around you that bring you down not up



## **Not being doubtful and creating a chart of success**

Being doubtful of your capabilities



## **You know when things are right**

Developing a happy thought process and trust your instinct



# Creating A New Story of Your Life

- **Create New Habits:** So I want you to choose 5 new habits, like I have done or as in one of my other EBooks Change one item a day to change. Do this for 7 days, each week, 14 days, 21 days or 30 days
- **Follow steps to make you more calm:** So I included this in a blog post on my stie: <https://everyonecanbuildacastle>, and it was about an article I read about it. Check out this article in the following link: <https://www.realbuzz.com/articles-interests/health/article/10-steps-to-instant-calm/>
- **Turn your passion into a career:** So I have been writing since I was a kid, and it was a dream of mine to be a professional writer. Like many it started off as a hobby and then became a career. It was a slow process but if you keep evolving yourself, by like number 1. way of creating a new story in you life, anything is possible.
- **Dreaming is believing:** I am a proper Daydreamer and would do it all day long sometimes, and was told this was strange, but no. The most influential people are those who Daydream and use to create new things in their life, that changes their lives forever.

Creating new  
Relationships that make  
you feel loved genuinely  
and know who doesn't

You know when you are with good  
people because they make you feel  
content, relaxed and comfortable.

Those that are not, they are fake, moan  
and bitch about everyone, are two  
faced and make you feel inadequate.

Good people listen and not just  
concentrate on their issues and don't  
interrupt and make you feel heard



LET PEOPLE SEE THAT YOU HAVE  
BOUNDARIES AND NEVER DESERVE TO BE  
MISTREATED!



# The Power of Creating a New Journey



We have the power to create a new journey into our lives.

Noone wants to end up at a dead end and feel like they are going nowhere. Yet we often fear the success we want, because of friends being jealous and resentful, how it may change us.

We fear the of having a lot more money, in case it stops and fear spending it, because of the fear of losing it. So I want you to write down your ambitions, and as soon as you do that so comes the inner doubt.

So then write down the inner doubt voice of what hurdles it is coming up with.

Face them, address them and answering them.

# Magic Beans

If you had a set of beans that could give you want ever wanted, and you can have four things to choose from, what would they be?

Take a minute or so to think about this and then write them down.

Then go through things you could add into your life going on what you have written to choose if you had a set of magic beans.





You learn about people in your life and that there will be those that you will want to remember and some you don't.

So, I want you to think about it. Never allow guilt to set in when you know you have a bad friendship with someone, as they do that for a reason.

There are friends who love you and will listen and you can have a general chat with, sit quietly with, have a drink with, but if it feels like it's a power struggle then it is time to address it and ask, out of all the people you know which ones do you want to remember when you are older?

People to  
remember





# Time For A Coffee Break

So, put the book down and now go and make yourself a nice brew, see you in a mo...



# Finding Your Passion

Finding your passion can be tricky, especially if you are like me and interested in many different things, but once you have found it, it can be the best thing you have ever done.

Being someone who has been writing since she was as kid and loved music, comedy and shows, they have been my passion, and I knew I wanted to pursue these things in having a career but wasn't sure how.

I have made mistakes and like most things in life I am still learning, but that is the joy of it. You are never going to ride a bike if you never get on one, so dip your toe in and see, is that interest a passion or is I just an interest?



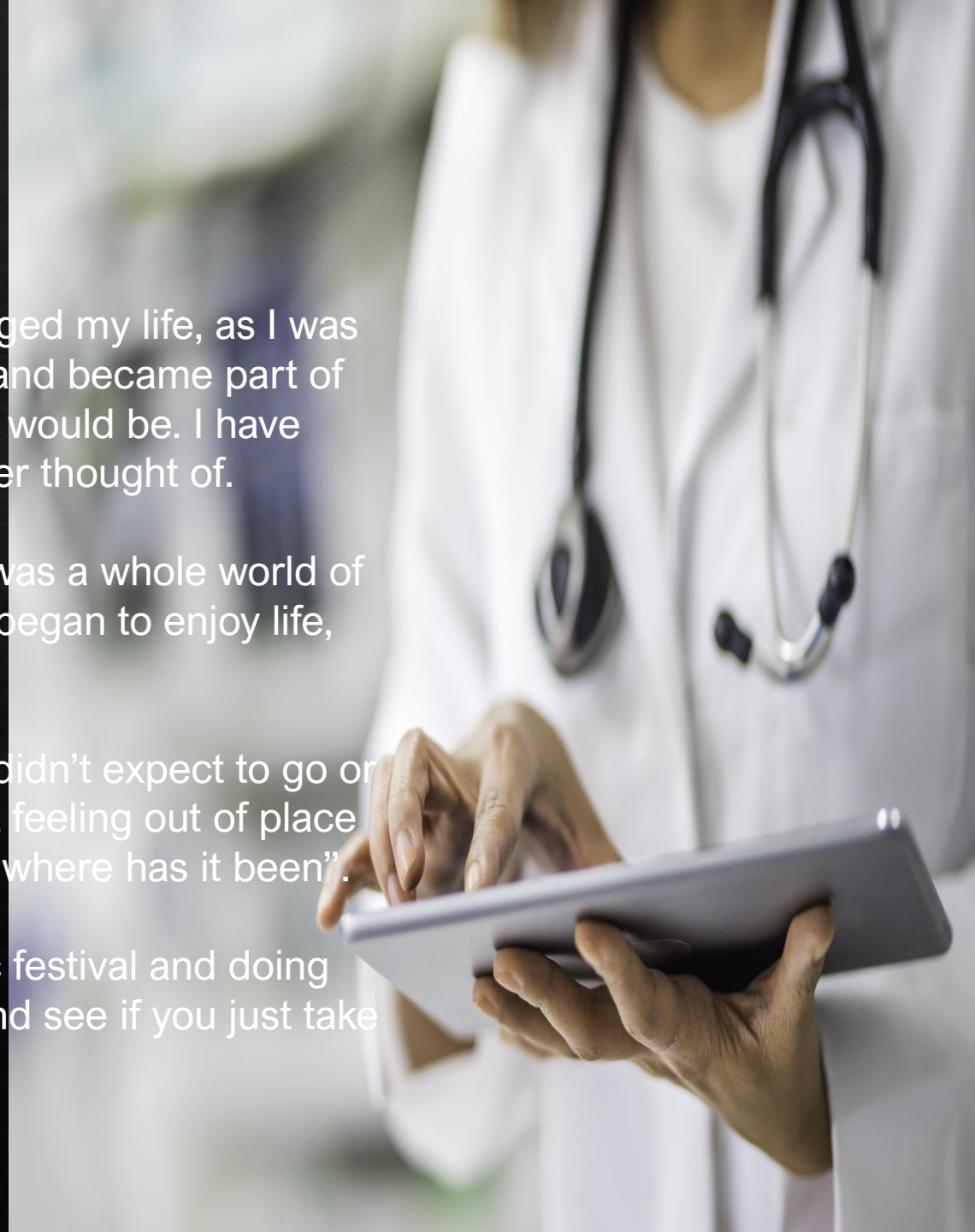
# Many things that can be Life Changing

Writing blogs and creating Youtube videos has completely changed my life, as I was doing something in my circle of friends and family who weren't and became part of something that I had not known about at first, or thought I never would be. I have always liked it when I done "My own thing", yet things I had never thought of.

It's like when I was introduced to the world of Rugby League, it was a whole world of its own, and I for once didn't feel self conscious or anxious and began to enjoy life, like never before.

The things that can change your life, is experiences where you didn't expect to go or see. A world where you are embraced even being a newbie, not feeling out of place and feel "Well I would not have gone there, but I have and wow, where has it been".

It is simple things like sports, learning dancing, going to a music festival and doing art work, it is things that have made you see what you can do and see if you just take that time to notice how it can give you a new lease of life.





# Being a Thinker and Doer

## Thinking is Daydreaming and visualising

So I have written a lot about Visualisation but that is because it does help to see what you really want in life and when you use your conscious mind to think or Daydream, it can when writing the dream down in getting in touch with your subconscious mind.

## Thinker and a Doer is a creative active person

I was told that you can think too much and for a while I believed this to be the case. Yet seeing how I see thinking and doing now, for me it is a tool that is imaginative, sees the funny side and uses the negative thoughts to make my positive thoughts to be the stronger of the two and then leads to being a doer actually taking action to achieve the good things I think about, overshadowing the negative thoughts

## Being a Doer

It is good to be a Doer, as you will get the things you dream of, when doing so. Sitting and not acting is not, because then it becomes just a thought.

It can be that we aren't thinking about it in a way that will make us do it, so ask why is this thought holding me back from doing it?

Take the word chore or to do, and as a ritual and a goal

# Finding Love Again

Being in love is a wonderful feeling yet, like me I found the wrong person and it was evident by the way we were so different and we were like room mates.

When you do finally find that true love, they are the ones that don't judge you, use anything against you and stand by you.

Never settle to be second best, as that is a tale tail sign that it is not good, and then you are the one left feeling like your battling a lost cause.

Being in love is a wonderful place to be, and that is not just with people but your life in general too. If you don't love your life than something obviously upsetting you, and needs to rid of, so you can be happy in love and live life to the full.





## Building New Relationships

Being married for 19 years, I thought that would be it for me, and this is (following on from the previous page) would be how my life would be. In a marriage over security but not love

Yet it wasn't secure at all. We were separate living people, who love died a lot time ago, and not one of us at one time wanted to say it, so I took action and did.

# When you know its over in a relationship

Don't exist, but live and if you are finding that the person you are married to, is not making you fancy them any more and not like them, then you do need to make the change.

Relationships can make up our journeys in life, but it has to be true because then if not, it just becomes convenient married not a happy fulfilled marriage.

If you are starting to wonder and look at other people, then it means that the person you are with, like the first section of the page, it means that the spark has probably gone, the passion if there was any in the first place has gone and you aren't in love and you don't see them as a husband or wife, anymore but are like a stranger.

You have to let it go!

Never allow yourself to be disrespected in a marriage because no one has the right to do that.

Marriage isn't about control or having a tug of war, but a promise, a unit and if there isn't, it has to be let go.



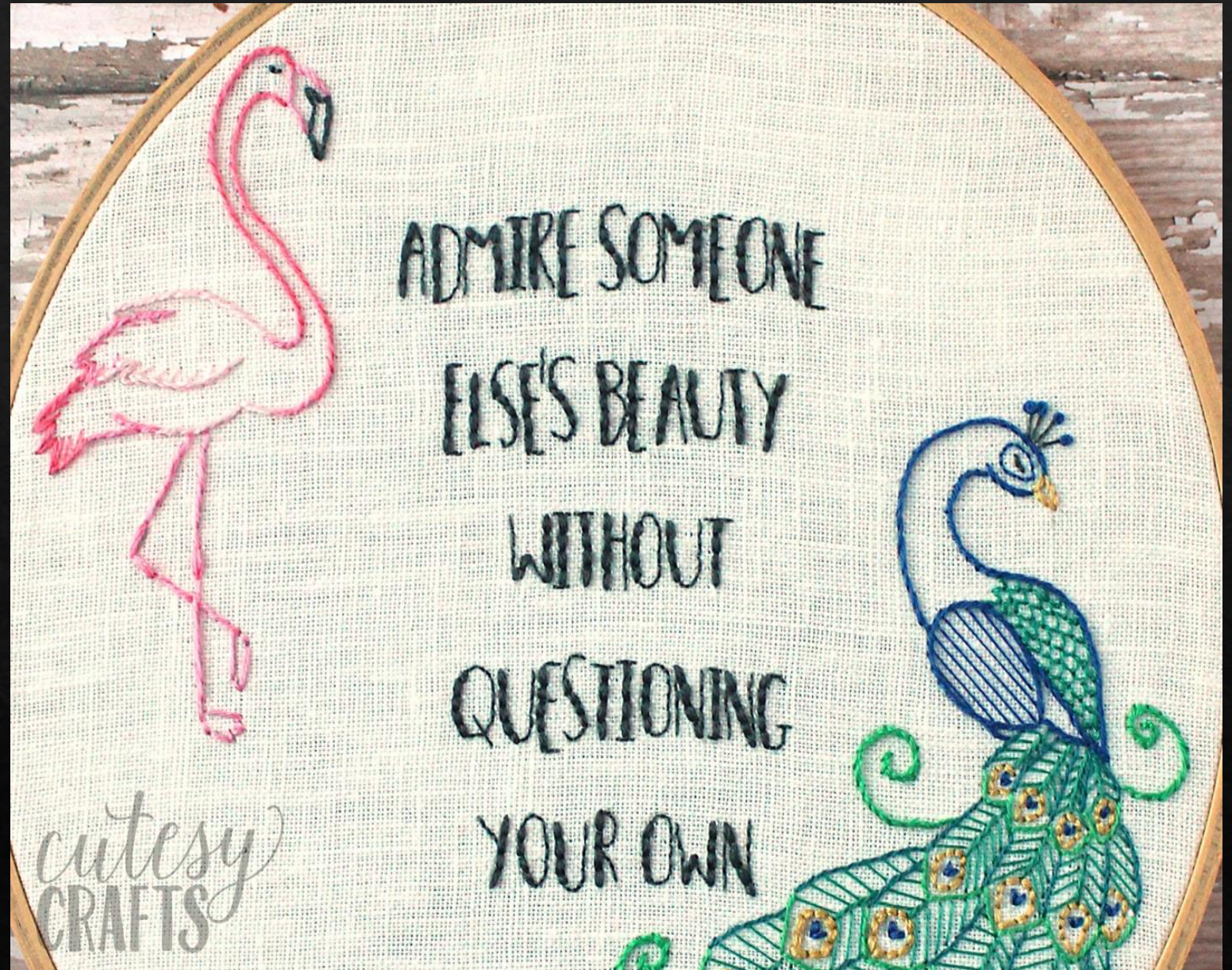
# Admiring some is not the same as copying

When you admire someone, it is because they stand out to you, and it gives you a sense of “Wow, they’ve made it now how can I do the same?”

Then copying is dressing up like them, saying what they say, following their characteristics and copying the mannerisms.

Admiring is good, as it still gives you a sense of worth, when copying you are just trying to be someone you’re not, and that never does anyone any good, because you aren’t seeing that you are worth anything and just being fake and unreal.

To build a new journey you need to see you not through someone else.





# Self Development

To grow as a person to have a different journey to your life, you have to work on yourself, and that means knowing what you stand for, what your real intentions are and what kind of person if you could look out yourself outside from you, what would you want to see? And how you see yourself, at the moment?

When it comes to Self Development you go to stand up for what you believe in, as long as it isn't hurting anyone, then set your own life how you wish to see it, and from your eyes and not from someone else's..

It is good to have a mentor and a soul partner as I like to call it as mentioned relationships can effect who we are, yet they are a companion and a sharer to your life as they embrace it rather than control it and help make you and them grow.







# DINNER TIME

So, another break. I am going to get some food and have a lovely iced coffee so why not do the same, and see you back reading this book in a hours time.



# Make Space In **Your Life**

In creating a new journey in your life you have to make space for it to be done, and as mentioned in previous pages, relationships, current habits and how we see ourselves can effect us from doing that.

So I want you to think about three things,

- Your passed
- Present
- Future

Your passed what has influenced you in your life that was good and what was bad?



**What presently is making you get up each day and what areas make you dread or avoid?**

**How would you paint your life right now if you could?**

When you look at your future what are you visioning right now and what do you want to vision when you see yourself in a month, 3 months, 6 months and in a years time?

If someone was to read out your story about you, in each sector passed, present and future, what would it say?

How many people do you think it takes to change a light bulb and how many would it take to build a castle or a house?



# Going through the Passed, Present and Future

So to go over the questions in the previous page, **who has been the most influential people in your life?**

For me it was my Grandparents, and my talented relatives, who were writers too and entrepreneurs and that you can create things of your own and make it into a career.

Also other content creators hence why I have been writing more EBook's and have a new Online course published.

Now we have so much choice we have so much our way that it to me is "What could possibly stop you?"

**What is helping you get up each day?**

The New challenges I have set for myself to write an EBook a day, to get up as soon as I wake up, do a daily look book, braindump everyday, plan for the next day the night before and finish work by 10:30pm everyday.



**What areas in your life do you dread and avoid?**

Cleaning my work base and dread night time as I am having a lot of nightmares.

I am dealing with it, in a way where I know my life is changing and this is just a blip and will change because I will be in a more happier environment.

**So when I look at my life right now, I am visioning?** more books ideas, being on stage performing some songs I love and written and being with my new love.

The challenges I have been doing and how good they make me feel and like my life is taking an amazing turn, and feel more accomplishments coming my way.

I want to vision in a months time, another book written and published, Paperback and have a book on audible, and working on my first TV programme and finished my next novel/comedy book Mum and me and see it turn into a TV Series

Three months time, I see me and my love Lee Married and with my family in our new home.

Have my first concert/show set and creating it, rehearsing for the Hard Rock Calling Music Festival.

Six months time, To have another 4 books written and working on more TV shows and have more coming in a years time, and have a Christmas book out.

**LIFE IS HOW  
YOU MAKE IT  
SO DON'T HOLD  
BACK AND GO  
FOR YOUR  
DREAMS LIKE  
NEVER BEFORE!**



**Start Doing Different  
Things in Your Life, Like when your kids are At  
School, Evenings and Weekends that you wouldn't  
normally do with your kids or during the day or in  
the week.**

BEING SPONTENOUS CHANGING YOUR  
EVERYDAY TO HAVE MORE MEANING IS  
THE ROAD TO A GOOD JOURNEY AND  
MORE HAPPINESS IN YOUR LIFE.