

March 2023

Monthly Newsletter



Welcome to my monthly newsletter I am write one each month and I post it on my blog site everyone can build a castle, and is completely free and I talk about my content and what I have been up to, that may be of interest to you.

So each month I do a challenge and last Months challenge was to find deals on items I needed and did a couple of shop with me's and was a fun challenge, all videos can be found on my main Youtube channel: <https://www.youtube.com/@typicallondongal>

There were some items I needed last minute but being a parent you get used to that, and had money saved that helped.

For March I am doing a monthly declutter and already there are videos up on my main channel and I have filmed for my other channel, if you'd like to check this out too, which is about how I like to leave and talk about finance: <https://www.youtube.com/@mywayofliving1602>

With this months challenge It is all about going through items I no longer need or love, and use up what I have got.

Going through my items I say to myself I have enough if I get the urge to buy more clothes and scarves and I know we having a cold spell at the moment but British weather can change in an instant and so I don't need anymore winter clothes, but if I do want to buy new clothes means I have to sort out what I have and I do the one out one in method.

Its looking at my bags and have one rucksack so I can carry my laptop if I need to and a tote bag and my son has a rucksack that I use for Saturdays when I take him to his swimming lesson, and using my bum-bags as these can lower the load I need to carry and so it is minimising.



Welcome spring

Come on sunshine

Yes it is officially spring and seeing the flowers growing and the lighter mornings, it feels good that soon we won't be layering up, because of the cold.

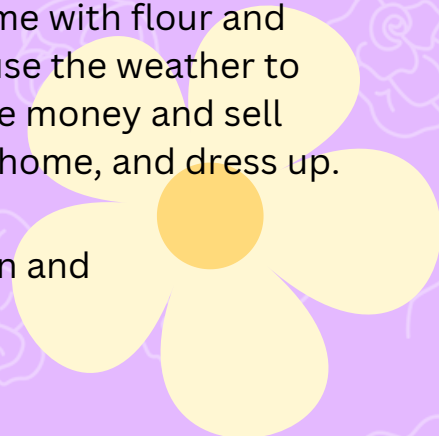
I am looking forward to having a meal somewhere sitting outside near the river and a BBQ. I do like the winter, when it is cold outside but lovely and warm indoors but with the energy bills going up, not everyone has had that luxury and having to save on energy and being cold. I want the new season to show it self and have warmish weather so I don't have to wear a coat, and no body has to worry about he heating costs.

My life coaching programme that I have done in the last two years on everyone can build a castle of life coaching tips, is happening again this year and will be **2023 Project** and will be filming for this and to make this year even better, than he last, by making changes and we can still create a better life, by taking time out for yourself and seeing friends who you can meet and chat with. You can still have parties in the summer. The gardens where I live, often have families in the summer having parties and having ice cream and people contributing to the food, and drink and just catching, if you felt you've had to stop this.

They mainly are children's parties but still a great place to meet and have a picnic. Some parks to frown upon open BBQ's, but you don't have to. Sandwiches and homemade platters are still a good way to get around this, with sausage rolls, fruit and vegetables. You can buy gluten free crisps and are oven baked. You can make using with fruits your own lollies with a homemade cake.

I have nothing against cake mixes, some may say it is cheating, but for me it is convenience and have your kids make it with you and can use any topping you can like, and for dietary requirements, have a gluten free cake so noone misses out, and you still have so much fun. or cupcakes, so you make some with flour and some with gluten free ingredients. Have a girls night in, and use the weather to plant flowers and grown you won fruit and vegetables to save money and sell them to friends and family. You still have a spa treatment at home, and dress up.

If it makes you happy do it and have a budget for each person and look after your wellbeing.



What's coming up in my content

Now we are Spring

So as we approach April I will be completing my Challenge for March 2023 which was decluttering for an entire month to organize my room and get of items I no longer need or want, to deciding on my next challenge for April.

My life coaching programme that I have done for two years now giving Life coaching tips on having a better year and a better life and I have already created some resources on my Pinterest, if you'd like to check it out:

<https://www.pinterest.co.uk/thetypicalLondongal/life-coaching2023-project/life-coaching-tools/>

It will be 2023 Project and will be blogging and creating videos, and so will be on my site: <https://everyonecanbuildacastle.com> and my main Youtube channel: <https://www.youtube.com/@typicallondongal>

Then there will be my Summer Project 2023 that will start in July to the end of the August, along with some more challenges of the month and hope to have my another book out, but I will keep you posted.

So lets get ready for the new season Spring and be ready to sit out in the warm weather and read a book. One of my favourite things. Then there is Easter and going to film some Day in a life videos, so much more to look forward to.

