

# Newsletter April 2023

Hello and I hope you all had a good Easter.

We fitted in so much and visited many places like a place called Gravity in Wandsworth, did a Easter egg hunt with my mum and step dad and my brothers family and then went to the Imperial War Museum see photo below, so tried to fit in a lot and went to see friends not seen for ages in the South Coast of England, a place called Bognor Regis. I do feel sad that it is over, but got another half term in June so gonna try to do the same and have more fun. That for me is what life is about.



So in April I did a challenge to have my book I am currently writing called When Mothers Are Real and wanted to get it finished by the end of the month but with half term it has been tricky but a good challenge to set myself and so already uploaded a few videos of it and going write about in my blogs everyone can build castle so watch out for that. Not sure If I will complete it but going to keep going. that is something I'd say is never give up. Check out my Youtube Typical London Gal Carrie Holmes.



# Plan Your life

It can be a juggling act when you have jobs and are parents. Getting my life together is a real challenge but following certain strategies it still possible to get your life together.

I use my diary and a computer programme called OneNote and because I don't want to keep buying notebooks have all my lists like my goals and schedule on that platform and I enjoy managing my life that way.

If it is causing you stress then it is time to change and find a better strategy and means that what once worked has now changed and is not working. You need to go through it and going through what is still working and what is not, and brainstorm.

I wrote a book called Brainstormind: [https://www.amazon.co.uk/Brainstormind-Bringing-Your-Dream-Light-ebook/dp/B08Z33KWCQ/ref=sr\\_1\\_1?crid=1C5JTLVLJ0ZDG&keywords=Brainstormind&qid=1681812264&srefix=brainstormind%2Caps%2C2783&sr=8-1](https://www.amazon.co.uk/Brainstormind-Bringing-Your-Dream-Light-ebook/dp/B08Z33KWCQ/ref=sr_1_1?crid=1C5JTLVLJ0ZDG&keywords=Brainstormind&qid=1681812264&srefix=brainstormind%2Caps%2C2783&sr=8-1)

If you need to delegate then do so and share the work, have your kids helping and make it a weekly routine, and swap. Make it a challenge and give you and a family reward when you have the tasks done, and keep them small.

Then make time for yourself. So important to stop burnout and schedule fun aswell as chores and working.

Take time away from your phone and from social media as it can be affect our managing of our life as we get distracted by it, and a lot of people say this but it is true and I will often if I have dinner with my family will leave my phone upstairs and Saturday I use this time with my son and to take myself away. Don't get me wrong I still get tempted but when it is out of site it is a lot better.

This helps with sleep and I turn my phone on silent and volume and don't pick it up until the next day.

Have a great rest of April and a new Newsletter will be up in May.

Many thanks for your time X



# More coming up

**So being April Summer is only around the corner and I want to do a couple of hauls then and some more days in a life.**

**I will be filming for my other two Youtube channels:**<https://www.youtube.com/@mywayofliving1602>

**<https://www.youtube.com/@carriededucationyoutubechannel4891>**

**More Monthly challenges, and I want to do Race for life as I miss doing this and loved them, because I love raising money for good causes and getting fit at the same time.**

**There will be more Reset videos and still got areas in my life to sort out and would like to do some more shop with me's and want to go up to London and visit some national parks again, so plenty to look forward too.**

