



Self Development



What we will be covering in this training?

Section 1

- I will talking about what is Self Development.
- Not Neglecting yourself.
- Suffering with Anxiety
- Changing my focus
- Making Life Changes
- Dealing with Setbacks

Section 2

- Changing my Financial Choices
- Stock take
- Talking to someone about my feelings
- What do you want to focus on?
- When things have to be put on hold
- Talking to others about your troubles
- Making mistakes

Section 3

- Planning and structuring your life
- Setting up your day
- Self Respect
- Have some time off
- Habits
- Your outlook on your life

Conclusion

Section 1

What do you need to do this training?

Writing it down can help or print it off and use it not just for February but through out the year.

Find a notebook if you want to take notes and you know you will keep.

Thank you for taking the trouble in wanting to do the Self Development training. There are no costs and is completely free and will run until the end of February but can help you too when I do my Life Coaching programme the Summer Project I do each year or just to as said in a folder if you want to print off and have it to hand to help develop your mind and build a life you are happy with. Not just now but In the future too.

So have a folder. A notebook, your laptop or a computer as I will be posting videos in the month of February 2025 on my Educational Youtube channel: <https://www.youtube.com/@CarrieEducationalYoutube-ws4xp> for this training and a place you can sit comfortable with a drink of your choice as I always have a coffee or tea. Or Water.

I will be posting on my site Everyone can build a castle: <https://everyonecanbuildacastle.com>

When does it begin and End?

3rd February 2025 to 28th February 2025.

I keep forgetting that February has 28 days, but yes it will be for, four weeks and if you'd like to be kept up to date with my training and programme I do each year then please subscribe.

Self-neglect

Stop neglecting yourself and put yourself first, Take time in looking at you and who you are.

So who are you?

What do you want in your life and what would you change about your life and yourself?

Do you have a talent, a skill or interest ?

It also means trial an error. I did many things. I was an Avon Rep but didn't like knocking on people's doors and I was buying more than what I was earning and lost customers when I was made redundant. I was being pressurised by the Head Reps when I didn't put an order through some months.

I thought as a kid I'd like to be a Jockey, so I tried riding on my Aunties horse and didn't like it and became scared of horses.

There was a time when I would come home from dropping my son off at school where I would go back to bed until it was time to pick my son up from school.

I didn't brush my hair, my teeth or make any kind of effort.

Things had to change. It was depression. When my mum and dad split up I tried to avoid it for a bit and changed jobs and hated my body image. So I didn't eat and it was a light had switched on and found a book by Paul McKenna and it really made me get out of my depressive state and I get myself together and then started to reason wit myself to get out of bed.

Now some years later I am better than ever and spent time in a mental health hospital and it was the final straw and helped me get my life back and back to feeling like me again but with more determination.

Suffering with Anxiety

So the main focus is to help you with anxiety. As a kid I never knew what it was until I became an adult because it never had a name. As a kid I did tap dancing and ballet and was never fazed by it. The class teacher used her home and used the ground floor as a dance studio and I would muck about but never really got nervous. We would do shows and again never felt scared or that anything would go wrong. I loved dancing and it was the first thing I knew I was good at.

When I went to Florida or went to a seaside or a fair and they had rides I would go on them and had a little amount of fear but never felt scared like I do now and then my dad took me on a ride when we went to Jersey and it was super windy and I was struggling to breath and couldn't wait to get off. When my school friends and I went to Thorpe Park we went on rides and hated the Mary Rose and was scared out of my wits.

I would fear my bedroom when I lived in a Housing Estate. My bedroom was on the ground floor and worried of someone peering in my room at night as I had a Pink Blind, which didn't block the reflection from the light outside and worried about being broken into and I suffered with Insomnia, driving my parents mad because of me waking them up.

I feared the dark. I still have dreams when I try to turn the light on but it doesn't work and feared going to the toilet at night.

I am not sure if this is inherited. My dad loved planes but when we first travelled abroad and travelled by plane would anxious and was nervous passenger when my mum first started to do drive. I loved it travelling by plane. I liked the getting up early, packing, travelling to the airport. I was never scared.

Then travelling back from Florida for the first time was scared of flying and it really bothered me. The enjoyment of flying on a plane stopped and even flew on my own when visiting a friend who lived in France and was great fun.

The trauma leads to the anxiety that can leads to having a phobia and worry. This is from my experience. I would worry about everything and would play movies in my mind of everything that could go wrong. The mind can see the danger before the anxiety kicks in, but would talk myself out of it.

When my mum took my son and I on a old fashion trains as my son loves them, I dreaded it because of the gap between the train and platform. This was because I saw on my way back to London as I had been visiting my husband's brother in Lincoln, fall into the gap at Peterborough station. When bringing my son back from travelling from Epsom to Wimbledon got his pushchair wheel stuck. Thankfully there were people who came to my rescue, but then I learned from that experience of how to get off a train with sons pushchair where it didn't happen again and so it in some way protects you, but can stop your from enjoying experiences and so it is getting it under control.

I am super anxious at times and learned how to gain control by reasoning with my thoughts and not ignoring them but addressing them. I keep a journal, stay active and read.

Anxiety can take hold of you. There is help and support you can get. I went into hospital and was supported by the Surrey and Merton Mental Health teams and was the best thing because the last 8 years became a nightmare and was all over the place.

I started over and listened to advice, got help financially and yes I do take medication, but also staying active and writing has got me back on my feet and wouldn't go back. I dwelled on the passed, but when my thoughts of the hard times of my life that has caused my anxiety. I faced them by getting support and now I am now fully recovered.

You can get through it because I've done it.

I since then have travelled by plane and they were fine. So I have learned that anxiety is controlled by passed, our body letting us know what to be aware of and not avoid those feelings but answering them. I fear every Sunday my radio show. It is good to have a sense of fear it helps with overriding the fear and feel so good afterwards

Anxiety can work either against you or for you. So when writing this part, when I was meeting my colleagues that present on radio too, we are going out for a meal tonight I am focusing on how lovely it is going to be. It is up at the Epsom Downs. I no longer fear conversation and the good thing I do, is I say hello and allow them to speak first and join in a the conversation as the evening grows and so I change my focus, to control my anxiety.

Changing my focus

So write down your fears. My son is was unwell, returning home from school looking very pale and shivering. My mind went into the fight or flight mode. He wanted warm water but was in fear, of because making him feel even more unwell because feared the hot water out of the tap. Not suitable for drinking but out of the cold tap is okay. I got him some milk but he didn't really drink it and gave him some Calpol and checked his temperature and in the morning on that Friday when he went to school I filmed for my Vlog channel and said how he can be prone to chest infections.

When we went over to Wimbledon where I live with my Mum and step dad, I got him some water and he was already changed into his school uniform to normal clothing. Usually a battle, but he knew he would benefit from putting clothing on that were warmer and then chilled.

This taught to not assume but ask my son how he feels and what would make him better, not going into to panic mode but think right what is the best course action.

Luckily where we live in Epsom he is not far from the hospital or doctors so I go through the options I have.

As soon as my son senses my fear, when I have asked him how he is, in an anxious way, he will say he is fine. So from that I am learning that I need to chill and what will help him not to be in fear in telling me what is wrong, by me focusing on what will keep me calm that will keep him calm. when I suggested him to put on warmer clothes he was like "Yes that will help" So by showing what I can do to help rather than won't work made him relax, because I was relaxed and not to have a meltdown. I do have two parenting blog sites if you'd like to check them out. The Links are below.

<https://theparentingadventurestipsandtricks.wordpress.com>

Making Life Changes

It is February and by this time many after Christmas, after setting resolutions have given up. This was me back say ten year ago and so made life changes instead.

I began to take exercise seriously as I had put on weight and was finding it hard to know what to wear.

Resolutions were never achieved because it was beyond my capabilities and because of my fear taking control I would fear completing them. So I decided to make life changes so what I can do with little pressure and focus on one area at a time.

So I began running in the mornings when I lived In the south coast of England. Along the seafront. My husband and I did it together but I got resentful by getting angry because he could run further than I could. In the end I realised if I was going to do this I needed to do it on my own.

Yes it is good to run with other people, but for me I knew I had to go solo until I was confident enough to run with other people. The same when going to the gym.

So right now write down what life changes you can make and what is important to you right now.

Not yesterday or in the future. This helps me make decisions as I can be decisive. It reins me in and not get to far ahead of myself.

Dealing with setbacks

Yes they happen. Write down what caused the setback?

What can you focus on that will help you to start again?

Are you being influenced by others?

This is a good way to reflect and make sense of why you had a setback and when ever this happens I focus on the outcome to prevent them by asking what would that mean to me

Time

Time is important to me when there was a time I hated time and didn't want time to dictate. But no time is important. I am rarely late and will make sure I give myself enough time to make sure I am on time.

So when I have been late I will make sure I prepare better. Earlier I was meeting my husband for a coffee to travel back to Epsom to make sure I had enough time to write this printable. I was going to go by train, but checked the trains in the morning. There were engineering works so text my husband early to meet and he picked me up.

So go step by step of what will help you to be on time if this is one area you want to work on.

Dwelling

Oh yes! I know there are many that don't believe in horoscopes, but I am a typical Libran. I am indecisive, see things from both sides of a topic when watching debates on TV or general topics I read about as I read a lot and I can be stubborn.

The one area I have had to work on is Dwelling. Not seeing setbacks or mistakes as a big deal and that everyone hates me because of the mistakes to the point they have knocked my confidence.

It can be draining. It can be like an itch, irritating and so all I want to do is hide away.

This is where writing it down your thoughts and fears can help and make sense of it.

It also means you care. I care about my blogs, books and videos. I like connecting with people through those channels and learn from others that have helped me create these programmes to help others thinking they are less of a person because you forgot to put the bins out, you got on the wrong train or forgot my son had dress down days when my son first started school.

I learned and have a written in a diary again and keep track by using online planning programmes like Notion and Google Calendar and bought an academic planner to keep track of my events at my sons school and at the start of the week I will order my sons school meals and can all be done on my phone and using notes apps and find a way to build my strengths and weaknesses..

I am not on the planet to be good at everything. People have said that I am organised., when in my mind I am not, but put systems into play help me to be organised.

Setting up Systems that helps to develop your organisation skills.

So using a diary, digital planner or google calendar these are systems.

Making sure I block out time, take regular breaks to tidy up and put clothes away or make sure my table I use in Epsom is cleared for when we have dinner, I plan meals and make sure I stay on track and make sure that my son gets off to school each morning so this time is blocked and when he returns.

I set my alarm in the morning to give myself time to wake up, read with a drink and then get dressed. I then will then make time in the morning to plan and do some writing.

I like to spend some time in the morning to tidy and do some cleaning and worked off energy to focus on having a good night sleep.

Sleeping

So important. I have since a child suffered with insomnia because as soon as my head would hit the pillow my mind would become super active . So now I make sure I have had a productive day, ate well, I am fully hydrated. Have a bath some evenings and change into bed clothes to then switch off by reading, watching TV and starting the day on a good note and ending the day on a good note.



Section 2:

Changing My Financial Choices

This section is about making choices.

I have a Youtube channel called Financial living and is about how I manage my money that can help you manage yours:

<https://www.youtube.com/@financialliving>

The one choice I have made since I was a kid is to have a savings account and my current account I have had since a kid and was with Leeds that got taken over by Halifax.

The banks used to give you tubes to save your coins and then you'd paid them in and you'd have a savings book.

I am talking about the 80's. Now there are many ways to save money and having a bank account that is functional.

As I got older they would give you a cheque book.

Most things you'd pay for would be in cash and you could give coins to get on buses and at one time you could travel on a bus to London for one pound and anywhere else two pounds.

Now you can pay via your phone> I was excited about having a credit card and ended up, the girl I once was the super saver had gone and ended up in debt and not just once...three, four times and paid off my final one last year and have made a pact with myself to not have one again and use the money I have got. If I can't afford something I don't buy it.

I now record what comes out of my account and what goes in rather than avoid looking at my bank account and feel a tightness in my stomach worry about not having enough to get by.

Money is a resource and no longer the enemy. It doesn't have to be a source of evil, but an necessity to live and when we don't have enough can cause us to not want to get out of bed, so now I am working towards having a better income and not throwing it away.

The choice I had to make was, do I want to be debt all of my life or be financially stable? Which one do you think I chose?

I now do, no spend January so only buy what I need or not give up like going for a coffee with my husband, contribute to groceries and plan meals, using what I have already got and not buying for the sake of it.

Stock take

When working in the Catering Department of a holiday camp the one thing we had to do on a regular basis was stock take and this is counting plates, cutlery and other items and I do the same now at home.

I made a choice. Do I want to keep for example feeling like there isn't enough food to make meals or clothes and so I go through my wardrobe and my food cupboard to see what has not been worn or eaten and make meals out of those items.

I will go through the fridge and just take a mental note of what is still alright for making meals and have healthy food but not depriving myself and make sure we have enough food for the week. I was diagnosed about 7 years or so now with Type 2 diabetes and high cholesterol and it was my worst nightmare as my dad was diagnosed with it too and so I had to make changes to what I consumed.

I did also have really bad anxiety and so was prescribed medication that contributed to my diabetes so this was changed.

The choice was do listen or do I want to be on insulin?

I had to take control. I had to make the change so I made better food choices and cut down on eating bad food and did home cooking. I have found I do like making meals and food shopping. I like being in the kitchen cooking playing music. What is there not to love?

To help it was listening to for example Jordan Page, Kate Kaden and Martin Lewis who is a money expert, Prepper Princess and people like Tony Robbins, Mel Robbins and there are free resources like this training I am doing. I want people to be free to live their lives and feel happy about being alive.

Being back on track with my relationship with money I budget, record and do a spending plan. Some may not like this word as listening to a Mel Robbins podcast said it was like a diet, but I like budgeting and going through and taking stock of what I can realistically afford and what is going through my bank account that I can stop paying for and paid off my mobile this year and now got my mobile costs down by changing to SIM only. So making good financial and food choices is essential and stock taking can help too.

What do you want to focus on?

I have covered this in section one, but now it is your turn and is very important so you don't get burn out and prioritize. What one thing do you want to change or sort out?

This could be financial but in the home. Perhaps there is a section of your home that is an eye sore, but sorting out is making you procrastinate.

Do you want it to keep bothering you or get it sorted so you can see a clearer space and not one that causes you to feel overwhelmed and just doing 10 minutes day focusing on one thing at a time can make a huge difference to how you feel.

So once you have gone through one area, then ask yourself, How will it make you feel once that space is cleared?

When things have to be put on hold

Life is full of the unexpected. One minute everything is good but then someone dies that you were close too, someone is ill or that your car has broken down so you have to make alternative arrangements and means not getting all you wanted done.

You're not able to go to the shops as planned, because like my situation writing this section my son is unwell so won't be going to school until he is better and so means I have to make amendments to my day. My main focus is my son.

Being a parent is a fulltime job and I have found you have to be somewhat flexible when you have children as not all days are the same.

So I preplan so what can I get done and go through my list and make sure I have gotten ready for the day still. I have had breakfast and that I am ready for the day ahead and make sure I have my phone on and is charged in case my son's school calls me, a family member is sick (touching wood that hasn't happened) but again making sure my phone is on, check the trains before travelling to still be able to go out and that can change too as your mood changes, when we have to make different plans and seeing it that way has helped me not to stress over what not able to do, but what I can do.

Talking to others about your troubles

Often we feel that we are a burden talking to someone on how they feel and that they are worrying about nothing and feel shame, that we should be able to hold ourselves together and heal ourselves.

When I was suffering with my mental health I felt alone. I had no idea how to get help or who I can talk to.

Since a kid I couldn't get to grips with life and didn't know what my role was and why I was here.

I hated school. I felt that my body was doing things I couldn't control. I began my period and I realised it when I was playing out on my Estate spending time with a friend and my bad habit of not pulling down my skirt and having my legs open she saw that I had blood in my knickers and so she took me to her flat told her mum who told my mum and felt so out of balance. I wasn't ready and felt that I was developing and it bothered me as I didn't know how to deal with it.

I am glad in one way that I was out with my friend and never thanked her for her support and her mum. We didn't fall out but we moved, so we lost contact and people will come in and out of your life.

Then there was school. I was still at Primary School and had real bad period pains and it effected me and a teacher who went to school with my mum talked to me about it and again never thanked her but glad she helped me and that there was no need to flip out but that it is okay. Its life taking it's course.

Then later on in my life I got home help via the Surrey Mental Health Crisis Team and helped me manage my anxiety. I got home help and spoke to a Mental Health Doctor and issued medication to help settle my mind.

I spent a month in a mental health hospital, well two as I was transferred due to needing the room I had for another patient and I was scared but I adapted. They changed my medication and the medication was too high a dosage and had severe side effects. Thanks to my nurse she spoke to the doctor who reduced it and prescribed another medicine to counteract the other one and now in 2025 I am fully recovered.

I now have check ups and so there are mental health teams that can help you and crisis teams so check them out and saw a psychologist and was helpful too.

I since then done a counselling course to help learn more about mental health and how to help someone who may be struggling with life too and may need help.

One of the reasons I set up this training.

Making mistakes

So I did my radio show and I planned ahead like I always do and chose really good songs, got a function I couldn't remember to play music for the show. But my last song was not as long to play before the news so I chose a song that was two minutes but could only play the beginning before the news started. It starts before each hour but played and nearly replayed.

I felt annoyed with myself but noone was harmed and I still did my show and recovered and wrote notes on my phone app and that is the key. Write them down and going to record my shows so I can relisten to them and I know next time to concentrate on each show as they come and chatting with the other presenters they've all made hiccups and I have stopped criticising myself and learn.

Everyone make mistakes and if you are struggling with something ask for help . I did this when working in a call centre I was unsure of a attraction I would take bookings for and the rules of booking tickets for it. So I asked if I could have further training and so was given one to one support to help and glad I asked.

Yesterday meeting with my fellow presenters I asked, as I knew it was possible to record the show on a memory stick as then this would help me improve and so asked if I could be shown how to. So rather than worrying ask for help and support.

The more you learn the better you will feel which lowers stress and anxiety and it shows you care.

Stop giving yourself a hard time as we all make mistakes.



Section 3:

Planning and structuring your life

So my life has changed shape. I no longer stay in bed all day, because it played a part in my depression and anxiety.

I would spend the day in bed daydreaming of a life I wished I had. I felt I hadn't had much of life and imagined a life that I felt was more interesting and my life was boring.

It seemed easier to imagine my life and becoming a for example wanting to be a football coach. I did my level 1 FA qualification and went to do my second and was coaching a team at the time, but I felt I was out of my depth doing level 2 so I didn't continue on.

However I coached a boys team and they did okay in their first season but then the team was taken away from me and fell pregnant with my son and my life had changed shape and wanted to focus on being pregnant and with the support of family found somewhere else to live as, my husband and I, were living in a flat but the landlady didn't allow children living in the flat so we moved into a house and was also made redundant.

My life is really taken a turn, and instead of daydreaming I vision the things I want to do in my life. There was time I would daydream all day and night, listening to music. Daydreaming is okay but if it effects your sleep, you know in your mind it is time to stop and get help with managing my thoughts and fears. I stopped shying away from my life changing shape and still dream, that is okay, but spending my days doing something, taking breaks works better for me.

I have found a structure that is working.

Tonight as I continue writing this section I run my son a bath. I like as I run his bath catching up on Instagram and cut this down so not scrolling all the time but in the morning and later when I running a bath. If not Instagram then I will listen to music, podcast or audio book. I enjoy running a bath. It helps me settle for the evening and I wasn't using my laptop in the evening but it helps to clear my head so now I do an extra hour or so before I chill and it is working out. I break the usage of using my laptop and so will take breaks during the day and do a bit in the morning.

Reshaping my life has made living good because I enjoy the days a lot more and know what I want to do, rather than what I have to do.

Self Respect

Talk to yourself. Boy George talk to himself all of the time. Give yourself a pat on the back and log your wins. How do you feel?

If you had a jar check out my blog: <https://everyonecanbuildacastle.com/2021/10/20/if-you-could-put-happiness-into-a-jar/>

What would you put into it?

Is it a song? A quote?

I have a affirmations book and no I don't check it everyday but if I feel low I will read it to help give myself, self respect.

What I also have done is created a photo book of times when I have looked good, when I feel low about myself and mainly happens when I am due my period and my goal for this year is to work on my appearance and wear trousers instead of leggings all the time and still have casual days but put on some make up and look after my skin and body.

How you look after your body will help build your mind to see that you look good and be proud of who you are.

Setting up your day

There was a time I dreaded the day and it was about getting through it. Now I get up because I make sure I follow positive habits and what I can do to help me feel better to feel better about my life. One way is to have a ritual, so play some music, my dad would always make breakfast, with the radio on then play his records and then went to work.

The one goal I have achieved is to make more effort of my appearance to feel good and to make sure I brush my teeth in the morning, I don't always wear deodorant but make sure I take care of my personal hygiene, along with having a good breakfast and enjoy each part of the day, making sure I am dressed. I make sure I am full and excited to complete the tasks set for the day and love being proactive and productive as it has had a good impact in my self development and is about building the relationship with yourself and giving yourself praise.

Have some time off

It is important to have time for yourself and when working and managing a family can be a hard task and so stop getting burnout, I give myself some time off. I will meet my mum, do a bit of writing and planning a coffee shop and watch a documentary.

Now my son is at school it is good to have time to myself and tomorrow going to be spending time staying at my home in Wimbledon as my husband is off and do something different and am looking forward to it. I love my son but we all need that time so if you are able to have some time off, then take it.

Schedule it ahead of time and prewarn your children by reassuring them that it's only a couple of days or so, but I will be back with my son from Friday evening so not going to be long and good for my husband to have some time doing the school run so I can have a bit of time off.

Meet up with your friends and again preplan. Why not have a family board where your kids can see the plans for the week and not worrying about you not being there as normal.

Habits

We all have good habits and bad ones. I won't always fold up my clothes and dump them on my bed to worry about it the next day and good habits I will eventually put them away. I am guilty of checking my phone every five minutes, knowing that I am becoming dependable with it and so I will purposely leave it somewhere, where there is no chance I will pick it up.

Implementing good habits and ones that save you time along with comfort, are ones that you are more than likely to stick too and can make a difference to how you feel. I know I won't be cluttered in my mind when I put my clothes away and go through it of items not worn or I no longer care for.

I am not a fan of cleaning but I know by doing 2 to 3 minutes I feel a lot better knowing I don't have a dirty home. It can clog up my mind and so to increase my positive side of the brain I make sure I do some cleaning each day.

Change habits a bit at a time. Like I will now tidy through out the day and give my mind a break, by getting off my laptop and just have a better mind, not allowing my fears prevent from living a life I love.

Your outlook on your life

What do you desire?

What is your current feelings about your life?

How do you want your life to play out?

You are in charge of your life and so your thoughts and feelings should be about you.

If you had a mirror where you can see your life what would it say to you or show?

Mine is my son's final year of Primary School and see him settling in in his Secondary school that will help with his development as he has ADHD and Development Delay and going onto follow his dreams and support him through his life and help with his independence.

Building my income and growing my blogs, books and Youtube channels to inspire and help you have the outlook you want and who you want to become. Where are you and how does this image make you feel? I see books that I have written, my income building and in good health in mind and in body.

Conclusion

Self Development is not changing your entire life but on areas which you feel needs changing. It is not able journaling everyday, giving up anything, but making Change that will carry you forward for you to feel good and growing the life you dreamed of and taking challenges that will lead you in feeling good.

Life should be about enjoyment and celebration, not something you dread and brings you down.

Everyone deserves to be happy and that includes you too.

Many thanks for reading,

Carrie X