

Weekly Cheat Sheet

Ten Ways To Help You Feel about Yourself and Your life

If there are things getting you down then here are some tips to help:

1. Write a letter to yourself and what you want out of life.
2. Go for a career if your current work is getting you down and what you'd like to do instead
3. Take a break. At the weekend I put my laptop away and focus on getting fit and spending time with my son so take break and unwind and recharge
4. Delegate. Stop trying to do it on your own. Share the load
5. Stop over promising yourself. Instead set goals that are SMART and what you truly want in your life
6. What's your vision. Create a map of where you are now to where you want to be
7. Change one thing a day to work towards what will make you feel better. Example: If you want to change what time you want to wake up in the morning, start by setting the alarm for 5 minutes earlier and then another 5 minutes to that time that will help you wake up earlier and you felt you've had the right amount of hours of sleep you need, before waking up.
8. Set up small challenges. Like I do parkrun and even if I do just one lap to train for when I do Race for Life in June which is 5Km and are realistically reachable
9. Consume things that helps you feel good and inspires you. I like writing books and so I watch videos, read books or listen to a podcast of writers already published loads of books and been successful
10. Stop talking about your hopes and dreams to an audience. It is good to keep somethings to yourself as people will see the negative, which can put in you self doubt so practice in private. I didn't tell anyone when I did my FA Level 1 Coaching course. My husband passed his driving test as he failed his first one and told people but second time he kept to himself and passed.