



Hello and Welcome: I have created this programme two or so years ago and it is life coaching programme called the Summer Project 2025.

I want to help you give yourself a break, stop having so much high expectation of yourself, because all it does is make you want to go in a different direction.

I was that person. Doing a massive a list of to dos and no way that I would achieve hardly anything until I learned to break them down and set goals for myself that I knew I could achieve.

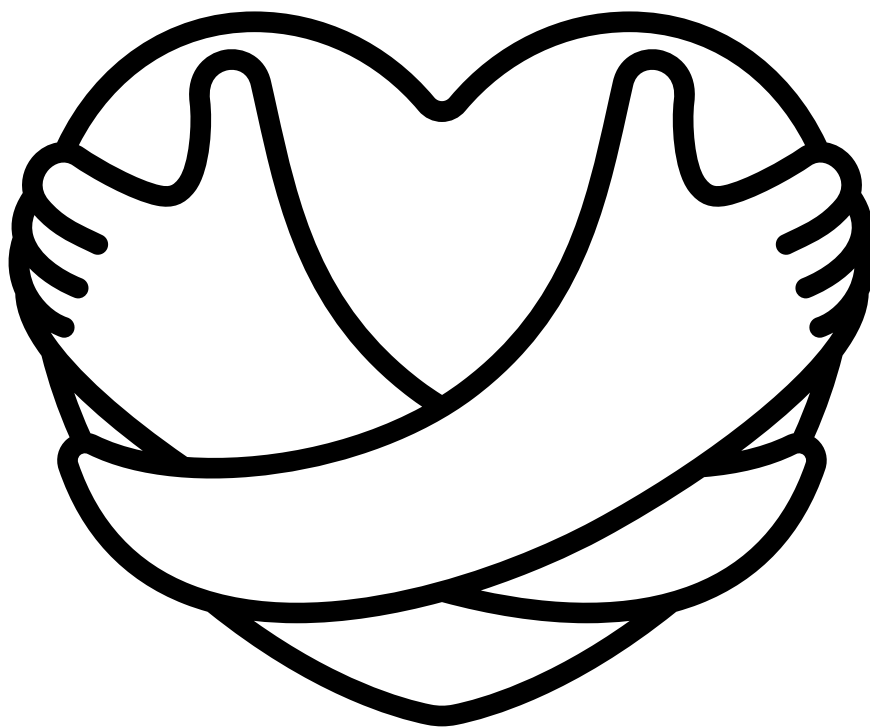
I found that come the new year I never stuck with any of my resolutions and felt that I had achieved nothing by the summer. I began to make life changes instead and has made a massive difference. I built up my fitness, controlled my diet as such but not giving myself such an grilling if I had some chocolate but not pigging out, eating more fruit. I did have an eating disorder in my teens and hated my body, couldn't find anything to wear that made me feel better and was terribly depressed.

Now in 2025 I feel good and it has been one heck of a ride.

I have worked on my diet as such by having a good breakfast to start the day, noy consuming too much alcohol and feel good about my body. I still get that inner critic but I have learned to shut this down.

I now write a lot and glad I have got back into writing and being active a lot and I do voluntary work. Now have a few books published and I am a mum, and that had been a massive change and still growing and learning.

I want to help you through blogs and videos, sharing my experience to get things done and take good care of yourself and do more of what you love and following your dreams and ambitions.



What will the Summer Project be covering?

Your focus : Every day I will ask myself What do I want to focus on. This is important to me because it helps me to lower the pressure but meeting my needs, not from yesterday or the future as such but now what will make me feel good, to start the day on a high. I do still get anxious, but have controlled it and work through fears and how to fight to not stop me from enjoying each day.

Joining things together: So like a lined chart I like my days to feel like my life is growing upwards connecting my loves of my life together. My weekends I don't work on my laptop. I do a radio show and this has had an huge impact in my life. This is a dream i wanted to do back in 1996 when I left school. Now 19 or years later I am doing just that. This has made me grow and see if you put your head down and focus on the things you want to do, life can surprise you.

What do you want to improve: [Check out the question above.](#) I want to improving what I eat, being active and not allow my fear to dictate the things I do.

When you mind says no: I get super anxious about my radio show as it gets nearer the time I am to be there to set up and then when it starts and finishes I feel so good and ask myself "What was those feelings of fear about?", because leading up to it, I am thinking, I want my Sundays' back, I don't want to do it", then afterwards I feel so good.

Treating life like it is a competition: There are those people when you chat to them about a problem they instantly like "Well you should see how my life is". It's like a conversation battle of who has the best most dreadful story and I found that I was hitting a brick wall. Yes there are people who are worse off than you, but we can still get stressed and want someone to listen and its compassion and people who have disabilities are the opposite to that. I met a woman at my Uncles Care Home and she was so happy go lucky and never felt like her life was worse than mine. Sharing is caring and everyone has a story to tell. I like talking and expressing myself without judgement or feel like I am wasting my time in sharing problems, because their story is a lot more worth listening to.

Creative planning: So I have a journal that I make plans on and design with stickers and drawings. I love doing this and on Notion to and I love going through plans and designing. So make your planning fun and if you have kids have them join you, if they want to. Making it a Family activity for the different seasons or months.

Creating long lasting habits: Habits that make you feel your going to be a good day. Reading, Writing being active and looking after your wellbeing and being happy in your own skin and maintaining your health helps me feel good. I make it a habit to brush my teeth, where I at one time neglected and made me feel low and not good about myself, making my bed, cooking and walking everyday.

Life is full of lessons: We have made mistakes in our lives but that is what makes us human and so brush yourself off and get back on your feet and jot down and reflect to empty out your mind.

Loving the image you see: So it is time to change the image you see of yourself. What thoughts do you have when looking into the mirror and what would you like to see? It has taken me a long time to not be bothered by my self image. I make sure I clean myself and put make up on some days, declutter clothes that effects my self love and having a skincare routine that is not high maintenance and make an effort by cleansing my face and body, wearing clothes that I do love and helps to build my confidence in the image I see of myself.

Let go of the past: There comes a point where we dwell on the time we said something and didn't happen according to plans, when you have lashed out and wished you could take it back. You need to let go. and move forward. Life is about today and being in the moment. The past is the past for a reason and so I think well, "I can't change that". I find walking and writing to be the way I make sense of things and practicing gratitude of the things I have now that beats the past.

Stop Shaming yourself: I will be sharing blogs from my other site:

<https://buildingselfconfidencetud.blogspot.com/>

We can really beat ourselves up. We can feel shame over events of the passed, an argument you had, someone dying and the last you saw a friend or relative it wasn't on good terms or you had a secret addiction.

Get help, if it is really upsetting you. We've all done the wrong thing, but that's how we learn. We can rebuild and so that starts today. Take Action and journal it, as you will be surprised how once you have dealt with past demons, how much better you feel.

**We will be asking questions see below and fill them in as you go and really be honest.
So lets begin and see you at the end.**



Are you in a good relationship, hate your job, lonely or feel burnt out?

Write it down, spill your heart out and be as honest as possible. Noone else is going to see it and it is a good to have a rant and release your feelings.

How do you feel when you wake up in the morning?

What is the first thing you do each day?

What would you like to improve in your life? You can write below, if you wish or use journal or notepad.

What do you want to focus on the most?

There has been times where I have felt like I have hit a brick wall. Where I felt that there always going to be those who do better than me and that I will never be good enough at anything.

Can you identify and is it a true picture?

Do you feel threatened by other people?

Why is that and is it from the past?

When have you felt super confident in your life?

What would build your confidence now?

What areas of your life are you confident with?

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What changes have you noticed?

How do you feel each day now?

How do you feel now of the people in your life now?

Outcome and What Next?

So it time to go over and write down the outcome and what next. Next is to keep on asking yourself questions above and keep growing and learning. So time for you to continue to build and that you feel good about your life and please share what changes you have made. If you want to.

Use this blank page to reflect as you do go through the life coaching programme and go through the outcome and how you feel now you have followed my advice. What areas do you still need to work on and read through the notes you have made. I find this really helpful to go over questions I set for myself and keep growing.

The End

Thank you so much for taking the time to reading my blogs and watching my videos
. The blogs and videos will be kept on my Educational Youtube Channel and on my blog Everyone
can build castle and social media.

I really hope you felt this programme and the next programme is my Autumn Reset.
More to confirm.

Never put limitations on yourself
life is worth living.

Carrie X

