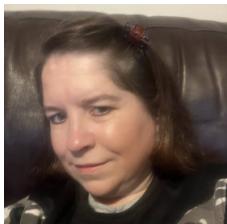


NEWSLETTER JANUARY 2026





Hello and welcome! IT'S 2026

I am feeling like I have to take my time in adjusting to a new year. I have set goals. I want more of what we did in, me and family, in 2025, which is more walks, more trips to different places and grow my content online and look for a school for my son.

Have you chosen your Word for this year. Mine is “Grow” and my sentence is “Wait And See” rather than have it all figured out as I have realised that being compliant is like hitting a brick wall. I want to grow and learn more and be surprised with what life has to bring.

My personal goal is to work on my Organisation. I am in the process of a clear out. I am making changes to my bedrooms and moving from my home in Wimbledon and I want less commitments.

It was a good Christmas and all that mad rush of getting gifts, decorating and using left overs from festive food, is now all gone and getting adverts on TV on Summer Holidays and supermarkets having Easter Eggs on offer.

I am not someone who celebrates valentines day but will be taking more trips around London and Surrey and will Vlog on my Channel: Typical London Gal and my Instagram under the same name.

It is coming to the end of my Winter Wellness programme and posted on my blog Everyone can build a castle where I post these newsletters and still be posting my Cheat Sheets, which are free to download and print.

So to all hope this year brings you a lot more joy and Happiness.

