

TREE OF PAST LIFE

Welcome to November 2018

ARE YOU REALLY

making enough time for yourself?

taking the time to really evaluate your goals?

Dealing with any issues?

Looking at your future plans?

What are your goals?

Will you follow them through?



Here we go again heading towards the end of another year!

Many people (Yes, we are all guilty) can waste precious years of their life chasing things they don't even want or never letting their desire mature. Make a habit at least every year to put a pause on your routine and allow yourself to think about what you value, and how that may have changed over time. The important thing is not to stop there, but to make the necessary changes so that your lifestyle can actually reflect your new goals.

For some women, this means learning to be better mums to their children (*after all, they don't arrive with an up to date A to Z do they!*) For others, it could mean giving their budget an overhaul so they can save more and waste less. For others, it could be de-cluttering their calendars to focus on spiritual and



Time waits for no woman

emotional growth. Whatever you learn about yourself, choose to honour your values with your habits no matter how small. Do this as regular as you can

Good Tip Ladies

Write them down (honestly, it's really not as childish as you think) you are far more likely to stick to them if you keep a diary of your achievements, hopes, goals, values and dreams. Look ahead now to 2019.... start to feel where you would like to make a few changes. Even simple little changes over the course of a year can make remarkable differences to your overall wellbeing. Now is the best time to sort out any nagging little issues lurking in the background like the pervertible cobweb! . just in time for the visitors at Christmas.

So, what are your goals Ladies?



RESPONSIBILITY

Belongs to you



“Life is for living ladies...and that’s all there is to it”



Treeofpastlife.co.uk - Author of “One For The Ladies” [click here](#)

Appointments in Clifton Bristol and Weston-super-Mare.

Weekly drop in sessions in Clifton Bristol

