

Review the Plan

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Rest and review

The summer break provides a much-needed rest and a time for reflecting on our goals and what we have achieved so far. Most of us want to have balance in our lives, meaning that we have enough time for things that have purpose and bring us satisfaction and joy.

Slowly, as we resume our routines and our energy gets consumed by day-to-day life we

If this is all starting to sound and feel familiar it may help to take an honest look at how we are using our time and what needs to happen to free up the time for what is most important to you.

The habit of prioritizing everything that must be done rarely includes time for our own needs to be met. Scheduling time for you in



lose some of that clarity. and more often than not, our attention and focus sticks longest on what is not going well and what we still have to do.

We also lose the free time we had promised ourselves. As our diaries fill up, the balance we sought to create may seem like a dim memory.

your diary and honouring it in the same way as you do your other commitments is not selfish, it's essential to your well-being and happiness. Build a habit of creating time for you to stay connected with yourself and your dreams.

"Tell me what it is you plan to do with your one wild and precious life?" Mary Oliver

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"If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life." Abraham Maslow

This month the theme is all about the benefits of reviewing the year so far. Looking at the events that have brought you tears and those that have made you smile.

We tend to carry the scars of our losses and battles into the future and this can lead to the loss of motivation and energy. Memories from the past prevent us from feeling optimistic about what is in store for us.

Our expectations for the future are shaped by our past. If you find yourself stuck in negative feelings why not call me for a chat on: 050 1087592 it's never too late to change the plan.

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