

Recharge & simplify your life

Hey, hope all is well with you and yours...

Do you remember when?

When we didn't have to open the post, pay the bills, do the food shopping or think 'it's cold' when the ice cream van appears down your road when its not yet summer or even spring officially! When all we had to worry about was which clothes to put on. How times have changed, how the High St has changed!

Isn't it all just way too much now? Too many adverts, too much choice in the shops, too much information to look at, too many rules and regulations, too many bills, too much news (& bad news), too many robot customer service people (aarrggh!) and it goes on and on...Don't you just want to scream sometimes?

So where do we go to recharge our batteries, to declutter our minds, spring clean our thoughts, emotions, lifestyles? What keeps you going?

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Is it your ambition, the kids, the family, 'it's just what we're supposed to do'...a dream, the hope of a better day, the money, everyday fun & laughter? Whatever it is, if it is wholesome, good for you & yours, hold onto it...recharge your batteries in whichever way you can and keep going.

For there IS more love, more laughter, more fun, maybe more pain but more sunshine, more dancing, more music, more poetry and more romance...don't stop hoping, visualising, taking action. It may not come the way you expect it, after all who would have thought we could fly in the sky within a 'metal' container! Anything is possible!

Ways to recharge:

- Go away on holiday (you earn it, so spend some)
- Take a day to do exactly what you want (you know when you see those people at lunch time enjoying their coffee and you wish you could stay and do that, well now's your chance!)
- On the weekend do something totally different, break the cycle
- Visit somewhere (take a flask and sandwiches to save money)
- Visit someone & reconnect, have a laugh—it can lift empty feelings and break up the monotony

- Pick up the phone and chat to someone (break this email/txt habit and stay in 'touch')

Simplify your life

Anytime can be spring clean time, to clear not only your rooms but your house, car, friends, lifestyle. Who's toxic? Who's uplifting? What energy do you have around you...your home? Either move it, change it or sell it, after all it's your space...your energy.

Other ideas include:

- Throw or give away old magazines & newspapers, especially if you know you won't get around to read it, its just added pressure to try!
- Are those pots n pans, clothes or other items in any room always getting in your way? Clear it out!
- Friends not uplifting...move them to an outer circle or way out there...
- Toxic dates or someone in your intimate space that shouldn't be there? Shift them to friendship or a 'smiling memory' and leave it there. Think how long you will try and make it something its not.
- Need to spice up your relationship...do it...there are lots of ideas on the net
- Stressed? Why not go for a run, have a massage, get out into the sunshine, schedule in more belly laughs, less work hours, more fun, family, dancing, music. Volunteer, join a club, class, read more, sleep more!

Life can be short so enjoy it while it is here. There is no point 'wasting hours' conflicting with your true self when you can make a choice to change or pursue something you've only dreamed about. It is never too late. Even if you add it to your weekend or evening for now, it's a start, it breaks up the week, helps to keep you going. Everyone had to start somewhere. Start by being true to what makes you happy, what you're good at, what you were born to do and be truly ALIVE!