

# 10 Tips to help make the last three months of 2019 your best.

Now that the children are back to school or college, life is settling back to normal, routine has kicked in and the autumn is upon us, how about making these the best three months of 2019? Are you keen to make a few changes, shake things up a bit, add in a bit of variety, and get more out of life for yourself? Here are a few tips that could help you along the way.

## Tip 1 – Connect with your friends

After working through much of the “happiness” studies, the evidence consistently shows that properly connecting with our friends and loved ones significantly increases our happiness, whilst relying on “virtual” connections only seems to have the opposite result. Make proper contact with your friends and take the lead by suggesting a date to meet up, or make a surprise visit, phone call, or even send a hand-written card. Now life has returned to normal, make the effort to put some social events in your diary with those you care about most. The more we invest, the more we get back, and special friends deserve the time and effort – so do you!

## Tip 2 – Take a lunch break

Whether you are in paid work, or not, take a lunch break. Time Management studies consistently find that by taking a lunch break away from your desk, you are actually much more productive afterwards and rather than suffer a loss of say, 45 minutes in output, you actually gain in quality, output and results. So, don't kid yourself that you “haven't got time to take lunch”. By looking after yourself and your well-being, shutting off from your work demands and stresses, relaxing and re-charging, you will achieve so much more by the end of the day, feel healthier and less stressed.

Here's another thought – why not use your lunch break for meeting up with a good friend (see Tip 1), and by doing so you can apply two techniques to your self-care and benefit even further!

## Tip 3 – Exercise

Don't think about it, just do it! The type of exercise doesn't matter too much but doing it does. Whether it is a few hours working in the garden, speedy housework with some upbeat music, a brisk walk, a gentle jog, a fitness class, cycle ride, or Zumba class – there is no right or wrong. What matters is that you get your heart rate up, work up a sweat, release some endorphins (your natural mood lifting chemicals that will make you feel happier), and burn off some stress related adrenaline, making you feel calmer and ironically, more energetic. Don't over think it, you will just talk yourself out of it and find reasons why you shouldn't.

And here's another thought, why not combine Tip 1 and Tip 2 with this one, and benefit even more – meet a close friend, at lunch time, and do some exercise together. The combined benefits will be enormous and there are no downsides. Pick up the phone, make the commitment, and enjoy the results it will bring you both.

## Tip 4 – Get fresh air daily

My coaching business is so much busier in the winter months than the summer. Why? Because the low-level depression, lost mojo, fed up feeling that many of my clients want help to overcome is caused by a lack of vitamin D. The best way of keeping our Vitamin D levels up and avoiding the winter blues, is to continue to get outside regardless of the weather.

I know what you are thinking..... the weather is not good at the moment! But I strongly disagree. We are still a caveman designed to be outside, on two feet, moving about. We are not designed to be sat down all down in artificial heat and artificial light, or on trains, planes or in cars. In fact, every living thing relies on sunlight for its life force, so we need to banish this false objection and instead realise there is no such thing as bad weather, just bad clothing. Get the right gear on and enjoy the wind, rain, snow, sunshine and everything else this great planet throws our way. And here's another thought, why not combine getting fresh air and vitamin D with Tips 1, 2 and 3? Meet with your friends, outside, at lunchtime, taking some exercise together - who said taking good care of yourself is time consuming and difficult? It really is just about planning, using the available time well, and combining many of the techniques in order to save time. Then all you have to do is sit back and enjoy the many results the combinations will bring you.

## Tip 5 – Choose the right mindset

Do you want to be a drain or a radiator? Do you want to be positive or negative, an optimist or a pessimist? Do you want people to be around you because you are upbeat, energetic, funny, enthusiastic, passionate and fun, or do you want to have the reputation of being a moaner, a gossip, someone that is always seeing the negative in a situation, always the victim? It's up to us to be come across the way we want to be seen and remembered – and it is never too late to change. If we know how we want to be, we can then throw all our efforts into making that a reality - we

just have to change what we are saying to ourselves in our head (the internal chatterbox) and change our behaviours and action. We are in the driving seat – no one is pulling our strings, it is not set in stone or pre-programmed, nor is it ever too late to change. Awareness is half the battle, and then changing it a little at a time, every single day, until it becomes our habitual mindset and approach in life.

## Tip 6 – See the good in life

We get more of what we focus on, so if we are looking for the good, we find the good. Conversely if we only look for the negative things in life, then that is equally what we are going to spot. In the same way that we suddenly notice loads of red Mini cars in the traffic after placing an order for a red Mini and expecting its arrival in two weeks. They were always there but until red Mini cars became especially relevant to you, they simply blended into the background and you didn't particularly spot them.

It is for this reason that writing down "5 things I am grateful for today" in a journal is so incredibly powerful. If you do this every evening, just before you go to sleep, it puts you in a positive frame of mind for a good night's rest, rather than drifting off to sleep with that internal chatterbox beating you up about all the things you have failed to do in the day, or playing over all the worries that you have. In addition, because you know you are going to have to do this task last thing at night, your sub-conscious goes to work throughout the day looking for good things that happen to you and this is hugely impactful on our moods and well-being. So, remember "the more you seek, the more you will find!" Seek the good, positive, uplifting experiences and events, and keep a written record to help you focus on them more.

## Tip 7 – Get organised

Us humans feel so much better about ourselves when we are in control and organised. Chaos, disorganisation, winging it, and constantly running late or behind increases our stress, lowers our mood, and drains us of energy. Invest a small amount of time getting organised, tidy up, clear your desk, tidy your cupboards, sort your inbox and folders, and catch up on all your paperwork. Although it may take some of your time to achieve this, you will gain so much more in the long run. By being organised, knowing where things are, having systems, and places for everything we ultimately gain time, improve our efficiency and output, and get a much better sense of self-esteem from just feeling in control. It might also be a task you could include others in, such as your teenagers, a close friend, a friend's teenager. They are often far more knowledgeable about apps and technology that can help us to get organised and may appreciate a little bit of pocket money for helping.

## Tip 8 – Develop a solution mentality

Would you go away on holiday without first locking all your doors? Would you leave your car unlocked outside your house after hearing your neighbour's car had recently been stolen? NO! Yet many of us allow the biggest thief of our success, happiness, confidence and achievements, come into our head – the thief we know as self-doubt.

Self-doubt is the biggest obstacle we face. Not financial, time circumstances or ability. WE stop ourselves. We must get out of our own way. When self-doubt creeps in and we give it attention and power over us, we stop taking action and our self-doubt wins. We stay stuck!

Instead, when that voice kicks in feeding us all the self-doubting worries, we need to recognise it and consciously turn our thoughts into solution mode – “What can I do to make sure it does work?” “What steps can I take to make sure I do succeed?”

Refuse to entertain the what if's and use that energy instead on overcoming obstacles and moving forward.

## Tip 9 – Coach yourself to success

How do you know when you've done a really good job, or look really good in a new outfit?

Some will say it's because a boss or a customer has told them so, or their husband, friend or parent gave them a compliment. These people are “external validators” – they rely on external validation to confirm how well they look or how well they are doing.

Others will reply with, “I just know, I have checked the work through thoroughly and taken my time over it, and just know it's good”. Or, “I just feel really comfortable in an outfit and like what I see in the mirror”. These are internal validators, relying much more on their own internal measures of how well they are doing in life.

There is no right or wrong, but the downside to needing lots of external validation comes when you are in a relationship with someone that just doesn't naturally give compliments, or you work for a boss that doesn't see the need to give constant feedback/praise. In these instances, we feel unsure of how we are doing, we can feel lost, uncertain, unhappy and starved.

If this is you, start building your “internal validator” by self-coaching. For example, after completing an important task, ask yourself the following sorts of questions:

1. What did I do well?
2. What, if I could turn the clock back, would I do differently?
3. What will I do more of in the future?

At first this may feel uncomfortable, but with time it becomes easier and incredibly helpful. By building and strengthening the “internal coach muscle” you become far

less dependent on others and much better equipped with increased confidence and self-acceptance.

## Tip 10 – Be coached to success!

To take you to the next level, building on all of the above tips and much, much, more, then consider investing in a coach. Rather than **hoping** something will change, invest in yourself and get a qualified and experienced coach who is in your corner supporting you along the way, giving you tips and techniques to move you forward quickly with incredible results. Coaching can be one of the best investments you make so I encourage you to take the risk. Don't take my word for it, find out just how powerful it can be for yourself and work together on getting clear direction, perspective, increased productivity, a work/life balance, increased self-confidence, and improved job satisfaction – amongst many possible results.

## Would you like more information on coaching?

- **Ideal approach:** I do not tie anyone into a certain number of sessions. Instead I suggest we go one coaching session at a time and you decide whether a follow up would be helpful. For some people one is exactly what they need to achieve the results they want from the coaching, whilst others prefer to work at a more deeper level and have a few sessions. You are in the driving seat.
- **Venue:** For maximum effectiveness, face to face coaching is best. However, I also work via Skype, FaceTime or telephone. I work face to face at my office on the outskirts of Basingstoke and offer sessions during office hours, some evenings, and some Saturday mornings.
- **Duration:** Each session is an hour long.
- **Cost:** For private individuals the cost is £55 per session. Corporate charges vary.
- **Contact Information:** Please feel free to browse the website for further information at: [www.milestone-coaching.co.uk](http://www.milestone-coaching.co.uk). Alternatively, contact me directly either by telephone anytime on: 01256 389600 or via email: [dawn@milestone-coaching.co.uk](mailto:dawn@milestone-coaching.co.uk).