

News & Inspiration

Hi All, hope you and yours are well...

Who remembers when...

When five to five on a Friday (or any day!) didn't mean 'get me outta this office' but instead it was five to five and its CRACKERJACK!! Or was Tomorrow's People your favourite or Runaround or Grange Hill? What about those adverts... 'for mash get smash' or 'all because the lady loves milk tray'. Or for all those who may be younger or just enjoyed (like many) taking on that 'recent' phrase... 'Whassuuuuuuuppppppppppp!'. Now you've got to smile!

Life...complicated or simple?

What happened to those 'innocent' days, without a care in the world, before the bills, office or family politics got to us? Has life become complicated or have we over complicated life? Are we moving too fast or not fast enough? Do we ask ourselves too many questions instead of just enjoying each season?

Is life complex in its simplicity or simple in its complexity?!™ - Devon Burke

Isn't it always how we deal with life that will determine what kind of life we have? We all go through disappointments, upsets, times when it just seems like nothing is working out and life has thrown us a wobbly. What do we do when this happens? Do we panic and stress our minds and bodies or go into over drive to try and fix it? Or do we realise it's just another obstacle, which we are more than capable of stepping over or around?

Do we keep going around in circles until we have learnt what we are supposed to learn and become the person we are supposed to become? They say it's a crazy person who thinks that by doing the same thing again and again, will produce a different outcome! Maybe it's time to shift our stance a little, change our attitude a little or take the pressure off someone else and realise it's all about us, not them. Maybe it's us in need of change?

A few of my sayings may be useful, just to help release a little of the pressure of life and untangle any complicated webs so that we can enjoy and appreciate the simple things in life again...

- Life is not a script...no one knows what's on the next page, so you can either worry about it or enjoy the page you're on right now.
- Life is a journey...not a destination...enjoy the scenery.
- We will never 'have it all together', so stop saying I'll do this when...
- F.E.A.R. is only false expectations appearing real
- What's urgent in life is not necessarily what's important...your choice
- Promise to love today...tomorrow is never guaranteed
- Balanced living...less chasing money, chores or whatever else we can't take with us and more creating lasting memories with those who need us
- Simple, cost free pleasures...whatever makes you smile and say 'aah this is the life'
- Make a plan...be flexible.
- Breathe...now one step at a time.

Carpe Diem - Seize the day

"TOMORROW WILL BE THE OUTCOME OF TODAY. You choose."

Take Care now,

KAREN at
ImaniCoach™