



Seven Ways to Enjoy Your Life Today

1. **Gorgeous Goals**

The idea of setting gorgeous goals is to set goals that are really attractive and delicious to you. In other words, you will WANT to go for these goals. Whilst setting ourselves goals can be useful, if you are the sort of person who always has more on your daily "To Do" list than you can possibly achieve in a day (ok, so that's probably 90% of mums), then it's inevitable that you will set goals you probably can't achieve. This is almost literally setting yourself up for failure.

So, my message here is simplicity. Enjoy your Goal Setting. Set yourself no more than 3 goals until the end of the year. Make them action- orientated and make them absolutely achievable without too much of a stretch.

So, don't set a goal that you will "Lose 2lbs a week every week until the end of the year". Why? Because you don't have total control over how much weight you lose. But you *do* have control over say, eating 5 pieces of fruit and vegetables a day. And even better, you could set yourself a goal of telling yourself you are a beautiful, vibrant being each day.

2. **Do Something Kind for Others**

Check out www.wearewhatwedo.org - a vibrant organisation that helps people to make a difference to the world. Register today and start ticking off their suggestions on an online tracker. Pick up a piece of litter, open the door for someone and smile, let the other car have the parking spot, tell someone you know something specific about how great they are.

www.coachingmums.com

© Copyright Amanda Alexander of Coaching Mums 2003-2009 All rights reserved
Coaching Mums is a trading name of Amanda Alexander Associates LLP
Amanda Alexander Associates LLP is a registered company in England and Wales. Partnership No. OC336586



3. Help your Kids to Pay it Forward

Even better, perhaps you could suggest that your children's' schools or nurseries get involved with the Pay It Forward Movement

www.payitforwardmovement.org

There are some great ideas on the website that kids will really enjoy getting involved in and which will fit in neatly with their learning curriculum.

4. Share your love

Amidst all this celebration, there is disaster and heartbreak playing out in our World and things which make us worried, anxious and angry. I don't pretend to understand the great universal reason why, but sometimes when there are things we can't change, then all we can do is to make a deliberate effort to send warm and loving energy from our minds and hearts and we can do this by praying.

We can't pray for all the injustices and tragedies happening right now, but we can do our little bit. I believe we can all pray whether we are deeply religious or atheist. If the latter, pray to your own inner strength, to the beauty and wonder of the world we inhabit, pray to anything you believe in. I believe that we are creatures of energy and that - by praying - we expand and share that energy in a very positive way with the world.

5. Write a letter to yourself

That you'd want to open and read in ten year's time. Write about the good things and the difficult things that you have in your life right now, what you like about the good things and how you hope to resolve the difficulties.

What hopes do you have for your, your family and the wider world? How would you like things to be in the future? What do you think things will

www.coachingmums.com



actually be like in ten years? Hide your letter, or, if you think you might lose it or be tempted to open it before the time is up, give it to someone else to keep for you.

It will be fascinating to read your letter in the future. You will be able to compare how things are now, with the world as it will be then. And your current hopes and feelings with those of the person you will have become.

6. **Write a List of 100 Things To Do Before you Die**

Each of us only has a limited amount of time before we go! So start making a list of all the things you want to do before you die. Then start doing them today! You can put some "good" things on your list of ways that you want to help the world and others, but you must also include all the things YOU want to do before you die! [Click here](#) for an example list; or simply Google "100 things to do before you die" and you'll find plenty of ideas from other people's lists!

7. **Celebrate Love**

We all have someone who loves us. I am inspired by the elderly couple who have just walked into the café as I write this. They are regulars here - I think she might have senile dementia, or perhaps she's had a stroke, but they both smile a lot. Today they walked in wearing straw hats. He holds her hand and steadies her. He asks if she wants to take her hat off and he is utterly solicitous towards her, but never patronizing. He is patient and he is kind. I don't know much about auras, but if I could see theirs, I'm sure I'd see warm yellow and soft pink. I see love in action. Today, look around you and notice love in action and be grateful for the love you enjoy in your life.