

# YELLOW

FOCUS - PRODUCTIVITY - FREEDOM

May 2022 / Issue 12 / Volume 2



*Q&A with  
guest  
Monica  
Federico*

**IS ANXIETY A  
LIFE STOPPER?**

**Mariana Espejo**

**Beat the  
thief of  
time**

**WHY YOU NEED  
WORK-LIFE  
BALANCE**

*When working  
from home*

**TOP TIPS**

*Mental  
Health  
Wellness*

*Amanda Kerin*

**MY STORY  
WITH  
LONELINESS**

**ASK  
TAMMY**

**My spouse wants to start  
an online business.  
What's the best support I  
can give?**

MAY 2022 | £0.99



WWW.GOTOYELLOW.CO.UK

# EDITOR'S NOTE



*Dear Reader,*

May is my new favourite month because I celebrate my birthday. My actual birthday is on the 28th of December. I consider my birth-day a spiritual experience as I enter the world and go around the sun for another year. My celebration day is five months later. This change was because I noticed the

disappointment when friends and family were unable to celebrate my birthday. The 28th is in the middle of Christmas and New Year - most people are exhausted on this day. As I am a social butterfly, having people around me is very important, and it took me 31 years to decide that it would be better to have a different date for my celebration day. One where everyone could attend. Have you had a check-in with your emotions recently? What have you noticed? Could you do something different to satisfy your needs? Your needs are important to your overall wellbeing.

May is the month of Mental Health Awareness. In this month's edition, you are blessed with amazing articles focusing on improving your wellbeing. Take the time to digest and practise the strategies. Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and behave. It helps determine how we handle anxiety, connect to others, and make choices.

I want to thank everyone for their encouraging comments about our April edition. If you wish to help us further, we would greatly appreciate it if you could follow one of our social accounts. In return, we will share more amazing content to help you live a Yellow life.

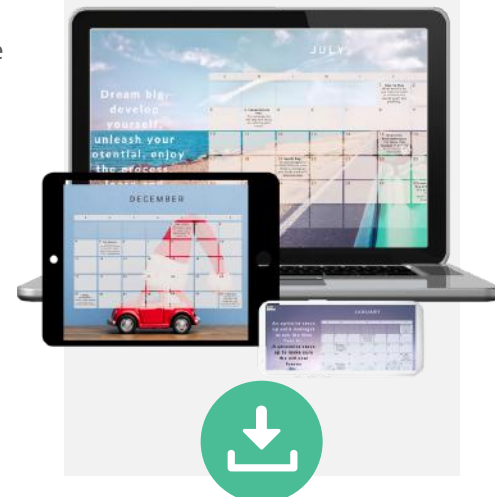


TAMMY WHALEN BLAKE  
Editor-in-Chief

## HEALTH AND WELLBEING 2022 CALENDAR

Your Yellow life  
planner for 2022

12 months of  
tips, tools and  
insights



**SUBSCRIBE NOW FOR 99p! All profits go to  mind charity**

### Join our mission

"To redefine success and restore life balance"

Our unrivalled breadth of content is carefully designed to provoke positive change – with a focus on real-life stories, advice and wisdom, with activities and tools to use to develop and actualise your dreams personally.

Embrace our dedication to helping people worldwide live a Yellow life; waking up inspired with eyes beaming, walking with a bounce in their step and massive joy in their hearts!

We can all do with that, even once in a while.


[1.gotoyellow.co.uk/access-yellowmagazine](https://www.gotoyellow.co.uk/access-yellowmagazine)

# CONTENTS

**14**  
**Grow Your Micro-Business**

**28**  
**Dairy Detox**

**11**  
**Q&A With Guest Monica Federico**



Mariana Espejo shares her thoughts. Is anxiety a barrier or motivator? You Decide!  
Story on p. 4,5 & 6

**4**  
**Is anxiety a life stopper?**

**31**  
**Claire's Monthly Blog**

**3**  
**Upcoming Personal Development Events**

**9**  
**Seek Out Your Fire**

This year's promising young writers are about to shine

**16**  
**How to boost your LinkedIn visibility in 3 steps?**  
A short guide

**21**  
**Clean eating**  
Explore how to bring clean eating into your life.

**8**  
**4 Tips to maintain mental health**  
Mental health affects us all. So, what is the best way to positively impact yours?

**18**  
**My story with loneliness**  
by Amanda Kerin

**24**  
**Success Talks**  
Many questions are answered here. Could your answers already be waiting for you?

**33**  
**Ask Tammy**  
My spouse wants to start an online business. What's the best support I can give?

## Personal Development Check Out List of Events for 2022

May  
**09**

### **Empowerment Book Club - 'Mindset' by Carol S. Dweck**

Why is it not just our abilities and talent that bring us success-but whether we approach them with a fixed or growth mindset. By being resilient and creating a love of learning, this allows for a growth mindset to flourish.

LEARN MORE >

May  
**14**

### **Freedom From Depression**

Explore, with the aid of teachings from Eckhart Tolle and others, what depression is and how we can find freedom from this debilitating condition.

LEARN MORE >

May  
**20**

### **Online How to set clear boundaries to limit burnout**

Learn how to clearly set boundaries, let go of people-pleasing and be more assertive so you can create more me-time.

LEARN MORE >

May  
**23**

### **Law Of Attraction**

With our current world circumstances, it's never been more important to focus on the good and positive in our lives and with a powerful support group we can do this and thrive!

LEARN MORE >

For More Resources:  
[www.gotoyellow.co.uk](http://www.gotoyellow.co.uk)



## DID YOU KNOW?

Happiness has also been linked to several positive and highly beneficial health habits, that promote a greater sense of wellbeing. This includes eating a healthier diet (Dubois et al, 2012), engaging in more physical activity (Sapranaviciute-Zabazlajeva et al, 2017), and overcome poor sleeping habits (Steptoe et al, 2008).

SOURCE: POSITIVE PSYCHOLOGY  
[WWW.POSITIVEPSYCHOLOGY.COM](http://WWW.POSITIVEPSYCHOLOGY.COM)



## Dear Shane,

You have grown since school and kept to your passion. It has given you many adventures and personal challenges. However, you have pushed through and are now giving back to the community through your added value to our healthcare system.

We have all been in difficult times but the NHS has always been a high pressured job. So, I want to take this opportunity to thank you for all your hard work and tireless passion to help others every chance you get.

Kind Regards,  
Timothee

Make your's and your loved ones' lives forever yellow.

E-mail [nichole@gotoyellow.co.uk](mailto:nichole@gotoyellow.co.uk) with your thank you letters and a photo of someone you would like to thank. We would love to hear from you.

# IS ANXIETY A LIFE STOPPER?



## ANXIETY IS IN US ALL

*but could anxiety be your growth motivator?*

Whether we want to or not, anxiety appears in our lives more frequently than expected. The main difference is that nowadays, more people are open to speaking about it than they used to.

*How come?*

Because if we want to be completely honest, we receive information 24/7. We see numerous ads while going through the city streets, and we are constantly getting social media data (which could be real or fake) in every app we use.

No wonder we get stressed, and sometimes our anxiety levels go off the chart. It's too much for our minds to receive and process, whether it is beneficial or not for myself.

**Mariana Espejo is an excellent person with many tools in her belt from her experience both personal and professional.**

**It can be hard to get the product or service running, contact your business partners, get a hold of suppliers, the behind the scenes part your customers don't see. However, Mariana's has learnt a number of tricks to get through these doors.**

By Mariana Espejo



## What is anxiety?

Anxiety is the natural body “fight-or-flight” response to anticipate any future events when sensed as a threat or danger. It’s a feeling of fear or uneasiness before these stressful or unfamiliar situations that keep us alert and aware.

Living in stressful societies, even “small” things like work deadlines, family struggles, or even money problems can trigger our anxiety response. But, everything has limits, and anxiety levels that go off the charts can become a disorder, making us feel debilitated.

How can you tell if you’re anxious? Your body might react with sweat, elevated heart rate, muscle tension, and shortness of breath. It’s normal to feel anxiety when we need to get to work on time or to help us with the final study rush for a test.

But, if the anxious feeling turns into something excessive and out of control, you might be suffering from an anxiety disorder, so it’s recommended to contact a professional. There’s no reason to let anxiety take over your life, so don’t be ashamed to ask for help.

In a recent YouTube video on anxiety and intuition I watched, the main highlight was to keep our minds at ease with comforting and strengthening words like:

**EVERYTHING IS OKAY. WHATEVER ARISES I CAN RESPOND TO WELL, I CAN HANDLE THIS.**

**EVERYTHING IS OKAY, I’M OKAY. EVERYTHING WILL BE OKAY, AND WHATEVER I’M CHALLENGED WITH I WILL ALSO BE ABLE TO HANDLE.**

And this is only one way out of the million coping techniques to face anxiety; these are my top 5 go-to tools:

### Avoid long queues

Queues are everywhere, getting on the sub, purchasing a chocolate bar, you even need to get at the end of the row to buy your fast food meal. My personal worst is the security checkpoint when travelling by plane. It’s full of stressed people running late, anxious (the good and bad kind) to get to their destination, and you get to stay stuck in queue with them.

If you find more than one security checkpoint at the airport, choose the one with fewer people, and you’ll feel less anxious. What might also help is creating an invisible barrier that protects you from the negative vibes of the other travellers.

### Breathe

Don’t we breathe all the time? Technically yes. But sometimes, we’re so jammed up in our daily activities that our body is breathing by default – you’re not really breathing. When you’re anxious and need to slow down, take deep breaths.

Inhale for a count of 4, hold the breath for 7, and exhale for 8. Repeat for 3 rounds or more. You need your breathing rate to slow down to feel calm.

### Listen to music

Each kind of music can pump us up or calm us down. Keep a list of your favourite soothing tunes on your phone or some meditation audios that can help you ease during anxious times.

### Write It Down

Even if you don’t consider yourself much of a

writer, scribbling down our thoughts when we're going through an anxiety moment can ease our minds and help us slow down. If you don't feel comfortable writing your thoughts and feelings down, maybe you'd rather text a friend about the situation, and they can help you go through the moment.

### The 3-3-3 rule

The 3-3-3 rule works for any anxiety or overthinking moment, a way to pause and ground yourself.

Look around you and name 3 things you see. Then identify 3 things you can hear around you. Finally, move 3 parts of your body: your legs, arm, and fingers.

### You're not alone

You might be living with some anxiety here and



there, or maybe you have an anxiety disorder. Know that you're not alone and don't have to go through the process alone.

You might ask which coping technique will work best for you or when the anxiety will stop. I suggest you try them all and see which fits best the circumstances and your anxiety sensations. And when will it stop? It's a work in progress but acknowledging it and asking for help is a significant step to not letting it reign over your life and becoming a more resilient and strong person. There will be a time when you feel entirely confident and survive the anxiety wave when it comes.



**TAKE  
ACTION**

**START CHANGING YOUR  
LIFE TODAY**

STARTING FROM  
£39

[CLICK HERE](#)



**"IT IS OKAY TO FEEL OVERWHELMED  
AND ASK FOR HELP. YOU  
ADMITTING IT TO YOURSELF IS THE  
BRAVEST THING YOU CAN DO"**

### Choose Your Program

- Time Management
- Goals & Accountability
- Unleash The Best Of You
- Focus & Direction
- The Yellow Mastermind

*"Not only has it freed up my time to spend on my most important projects, it has helped reduce stress from my life."*

-JAMES, SEO SPECIALIST-

**MENTAL  
HEALTH**

**IS JUST AS IMPORTANT AS**

**PHYSICAL  
HEALTH**



# 4 TIPS

for maintaining mental health



## 1. Follow Your Routine

According to experts, establishing a routine will enable you to maintain a balance at work.



## 2. Communication is a must

Social networks or support systems that let you rationalise your feelings will help make you feel normal.



## 3. Take a deep breath

Take time to breathe deeply or meditate to connect to your feelings and bring back a sense of calm.



## 4. Be Kind To Your Body

A healthy diet and a regular sleep schedule greatly enhance mental resilience.

# SEEK OUT YOUR FIRE

When searching for your passion, leave no stone unturned.



*By The Rogue Scribe - Everyone has a story to share*

We, as humans, require a sense of purpose. Without purpose, we risk going aimlessly through life, making it more difficult than it needs to be.

A sense of purpose could be as simple as a series of small goals accomplished throughout a single day. It can also be as complex as a collection of daily tasks completed throughout a portion of one's lifetime - all with different outcomes.

As you push through your journey, you'll learn that there's hardly anything more valuable than learning to communicate. The life you live carries meaning. This may be through the words you speak, your actions, thoughts, body language, and even in the absence of all of these.



Click here to read the full article  Vocal

Many people fail to understand that communication is mainly comprised of listening, sensing, and understanding, not just word vomiting all over the place.

## Where To Begin

Now, how do you know what to listen and look for? When do you find the time to want to introspect and figure out why you're fortunate enough to wake up each day?

You'll meet people who "go with the flow" and "roll with the punches", which is useful as a short-term tactic to overcome uncomfortable situations.

Likewise, this is why it's important to find and cultivate the "fire" within you. The one that comes naturally to you. It will anchor you when the world around becomes too fast, too chaotic, and just unbearable.

**'ONE OF THE PILLARS I URGE ALL PEOPLE TO DEVELOP IS COURAGE.'**  
THE ROGUE SCRIBE

I break down courage into two parts: passion and consequence. So, your "fire" - passion in this case - is what ignites your search for purpose. The consequence is ultimately the compass that tells you if the choices you're

making to reach your purpose are misguided or not.



You can be passionate about one or several things all at once. It's important that you look into what comes naturally to you and explore ways of making them useful to you and others. It isn't something that will happen overnight, but it should be at the top of your to-do list.

My passion burns brightly and lights the path to new opportunities for me and others around me by mastering the craft. On the other hand, I'll also admit that I used my passion for words to speak ill of others, to judge, and to wound. This clearly had terrible outcomes and I had to learn to control my fire so that it didn't burn down the bridges that life so generously put before me.

## The Inner Method

To find yourself, you almost always have to remove yourself from the world's noise entirely. Look inward. This could mean spending several consecutive days, weeks, or even years in peaceful solitude. To clarify, I don't mean entirely depriving yourself of human contact. While doing so might be helpful for your particular case, if done so recklessly, it can prove to be more troublesome than it's worth, so tread carefully.

This process of 'elimination' clears the path for anything to come at its own pace. After that, all that's left for you to do is gently accept or reject. If you catch yourself becoming far too disconnected, check back in with someone before resuming your journey.

## The Outer Method

It's easy for others to tell you who they think you should be, but the subtle details often go unnoticed that have the greatest impact. So rather than forcing



things to give you answers, let the answers present themselves, and point you in the right direction.

It's not always as obvious as the sky above. This is why I want you to consider the little pieces of the puzzle that fall into place when they do show up. If you're unfamiliar with the concept, there are ways to tell the difference between a coincidence and

synchronicity.

You don't need to be religious or "spiritual" to recognise when things line up in order for you to progress. Pay attention to the external signs that



constantly point you in a certain direction; it's one of the ways you can identify what you're destined to accomplish.

## The Torchbearer Method

So let's say you found your passion... But its outcomes are not so beneficial to you or others. Let's imagine that your newfound natural talents are mostly evil. You find joy in hurting others, destroying things, etc. This is a challenging position to be in because now it's no longer you against you, but you against the world in every sense of the word.

Most will judge you and urge you to change who you are. You're likely to walk through life feeling even more entangled in the darkest corners of yourself. But you need not worry too much, so long as you consciously redirect your passion toward something useful.

It takes great discipline and self-control to examine the dangerous corners of your passions, and these could be multiple ones. But when you're better positioned to understand them, you can then choose to become a guide for others.

Finding your passions should be on

your list of top priorities. It's not something you should be actively seeking every waking second if it's far too inconvenient. Still, it's something that you should consider devoting time and effort to.

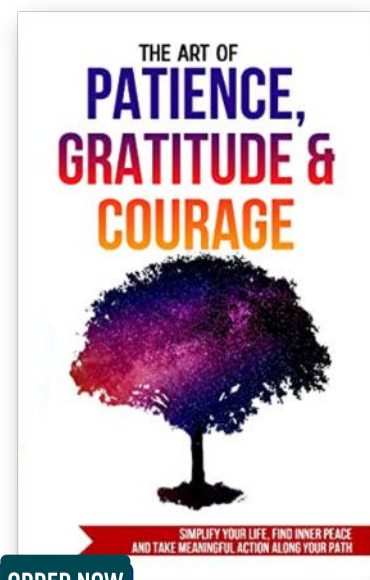
It's good to remember that passion is in the realm of extremes; so it should be sought out and examined carefully.

In the end, I think it's safe to say that most of us would eventually like to pursue and live a life where comfort and challenge are well balanced. So, if you have the privilege to choose, go with what comes naturally to you first. If you find your passion to be too troublesome to master, by all means, explore the other avenues.

**DON'T NEGLECT THE CHALLENGES THAT STAND IN YOUR WAY OR BECOME TOO COMPLACENT WITH YOUR PASSIONS.**

*The Art of Patience, Gratitude & Courage covers three simple values that can serve as faculties for your everyday life. It's a fresh take on a method that seems to have been lost in the noise of the modern world.*

*The Rogue Scribe -*



ORDER NOW



“ You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.”

Brene Brown

**MONICA  
FEDERICO**  
COACHING

## Meet Our Month's Expert Monica Federico

I have lived in 3 different countries, worked for small businesses and spent 20 years in management in the corporate world. My responsibilities were to drive sales, manage teams, and mentor leaders. My experiences and background in Business Operations and Human Resources led me to run my own international coaching business, helping results-driven leaders to rediscover career fulfilment and reach peak performance.



## ***Name a soft skill you needed to learn for your business success?***

The biggest skill that I had to learn is being the 'gentle observer'. It is a process and a series of skills rather than just one. Of course, I am still working at it every day; I had to learn how to observe my thoughts rather than being hijacked by them. It helped me develop great listening abilities and suspend judgment—both essential skills as a coach and leader. Being able to 'gently observe' is also essential in business – it stops you from beating yourself up when you make mistakes!

## ***What does success mean to you?***

Success is a feeling and a state of mind. I always think about our psychological needs and whether they are being met. Are you feeling safe? Loved? Are you making an impact? Are you having fun in the process? That is success.

“ Life is too short not to do what we love ”

– MONICA FEDERICO





## ***Why do you do what you do?***

I decided early that a career would be important to me, and when a career is important to you, it can be all-consuming. When it is not going well, it can impact everything else in your life. I learnt fast that the first step towards fulfilment was to do something that I loved and that I did not have to love the same thing forever. No career will have a perfect trajectory, but loving what you do will always give meaning to the struggles and the edge to succeed!

It is tough to push through challenges just out of duty, and we are much more resourceful when we do something that we care about.

## ***What are you most passionate about?***

I am an avid reader, and I always participate in a course or two. I believe in personal and professional development, practicing what I preach. Everything changed when I realised that I am a 'learner' and my job title is not my identity.

**MONICA  
FEDERICO**  
COACHING

Monica Frederico offers you a free consultation to see what she can do for you and lets you see if the service is right for you. So, don't waste time and book a 30 minutes consultation to see how you can personal development into your lifestyle.

**BOOK NOW**





# GROW YOUR MICRO-BUSINESS

- ✓ Without Working 80+ Hours Per Week
- ✓ Without Increasing Payroll
- ✓ Without The Overwhelm

Be part of a meaningful group of likeminded, non-competing experts to build a working relationship that boosts everyone's potential.



**BOOK A FREE TRIAL TODAY**

## MASTERMIND

Sharing of knowledge for half a day each month

## TRAINING

In-depth business training from experts each quarter

## SKILL EXCHANGE

Share your skills as a supportive team

## STRATEGY

Guided step-by-step with simple tools and reporting

## COACHING

When you grow, so does your business



ITS A CHOICE  
**LIVE &  
LEARN**

I have always loved learning new skills  
Probably not in the traditional way  
I like to learn myself

I taught myself to swim  
Mastered how to create & edit videos by doing  
I am daily learning about something new

Life daily throws us lessons  
Some have taken a while to sink through

The biggest thing I have learn daily

Is to trust my own gut  
Yes Listen to others  
But never let them guide you down their path  
Always create your own!



# HOW TO BOOST YOUR LINKEDIN VISIBILITY IN 3 STEPS?



By Maureen Kane

To assure that your ideal clients find out about you, you need to do two things:

1. Your leads need to be able to find you in the search results
2. They need to feel compelled to learn more about you and how you can help them.

This is where a well crafted LinkedIn page becomes essential.

The three most important sections of your page to stand out are your headline, profile picture, and cover image.

**Headline.** Your headline is an essential part of your profile. You can increase visibility by including keywords within your headline and it must attract and rouse them to learn more.

**Profile picture.** First impressions matter. Use a professional profile picture and look into the camera with a plain background.

**Cover image.** It is another first impression leads will see when they see your profile. It is an opportunity to communicate more about you and your services. Check out Canva for inspiration.

Post. regularly and consistently. This practice will get you seen by your network, and when your first-degree connections need your services, they'll be more inclined to connect with you.

**BONUS:** when first-degree connections engage with your posts, they will become visible in the news feeds of their connections. It is a huge win!

Include three or four relevant hashtags to the audience you are targeting and not your industry (e.g., #innovation or #startup). LinkedIn algorithms will spread your post to their feed if they follow those hashtags or when people search for that topic in search.

Engaging with your network will eventually increase your visibility on LinkedIn. You could comment with newsletters, videos, updates and articles posted by others or respond to comments when people engage with your posts. Your engagements with other members will help your leads discover you. It also serves as a form of social proof and credibility, thus increasing the likelihood that a lead will visit your profile.

**TOP TIP:** expand your network to 400 connection requests per month, but only targetted connections. The more extensive and relevant your network, the more opportunities you'll have to engage with your potential leads.

Quantity is not everything but rather quality.

## Increase Visibility x 10 on LinkedIn

Create endless business opportunities in 2022. Either join the community and learn how to do it yourself or hire our in-house LinkedIn Marketing Experts to do it all for you.



# MY STORY WITH LONELINESS

Amanda Kerin

My experience of loneliness through isolation drove me to launch my business, Creative Women's Mastermind: a global community supporting women working from home on their online service-based business.

After moving from Bristol to the French Alps, I came up with the idea to be with my partner, Chris, a busy pilot who spent long shifts away from home. I was a freelancer and business coach able to work remotely, so I could easily move my business to France.

I was living a real-life rom-com in a beautiful ski resort with lots of travel opportunities from the outside. Still, in reality, I was lonely, working in isolation and afraid to admit how I truly felt to my friends and family back home.

The one time I did try, they said, 'We can't feel too sorry for you'. I felt like bursting into tears — they had no idea how I felt. But I didn't have the strength to explain, and I bottled it up. I was an



expert at suppressing feelings: I had buried grief for 12 years after losing Mum suddenly whilst away at uni. I saw the pattern again, repeating itself. Something had to change.

We're all too quick to judge a book by its cover these days, especially on the social media highlight reel.

But living in the mountains and working from home negatively impacted my confidence, creativity, and income. My mental and emotional health suffered, too, and I became a shadow of my former self. I now understand why isolation is still a torture method in some countries.

## Services That Can Help You

*“If you feel you don't have the strength to light the candle. Allow me to walk the darkness with you.”*



Mind provides advice and support to empower anyone experiencing a mental health problem. Mind campaign to improve services, raise awareness and promote understanding.

### Campaign to End Loneliness

The Campaign to End Loneliness believes that nobody who wants company should be without it. Loneliness affects people of all ages and backgrounds and touches the lives of millions. It causes real emotional pain and can impact on physical and mental health.

### BritishRedCross

The Red Cross support line is staffed by experienced Red Cross volunteers who can provide emotional support in more than 200 languages. The support line is free and confidential and is available 10am-6pm daily. Call 0808 196 3651.



### Free Workshop For First 6

Suresh Thandi's Financial Academy is offering 6 people an opportunity to attend a workshop this month designed to help you put your finances in order. Call on 07880329425.

“

*Motivation*

You have the  
power to protect  
your peace

Go To Yellow

”



HEALTH | PRODUCTIVITY | TOP TIPS | LEARNING

# LIFESTYLE



You only live once, but if you do it right, once is enough.

# Clean eating

---

## Impact of fruits & vegetables

### Fruits

Fruit helps supply your body with vitamins, minerals and antioxidants.

### Vegetables

Vegetables are a good source of dietary fiber, a type of carbohydrate that helps pass food through your digestive system. Studies show that fiber may also improve vitamin and mineral absorption in the body, which could potentially raise your daily energy levels.

## What's so important about fruits & vegetables?

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.

By Ndemi Otieno  
Photographer





# 01

## Italian salad

You will never make a more gorgeous side salad than this stunner right here. It's so simple, but so absolutely delicious and completely craveable. If you've just discovered this Italian salad recipe for the first time, congratulations! You've finally found that perfect simple house salad to accompany all your Italian pasta, chicken or fish dinners!



# 02

## Paprika with pumpkin salad

This dish has a Middle Eastern feel to it; a cuisine close to James's heart as he grew up in the UAE. Wootton White is an English Greek style sheep's cheese and can be substituted with feta.

### *The best salad*



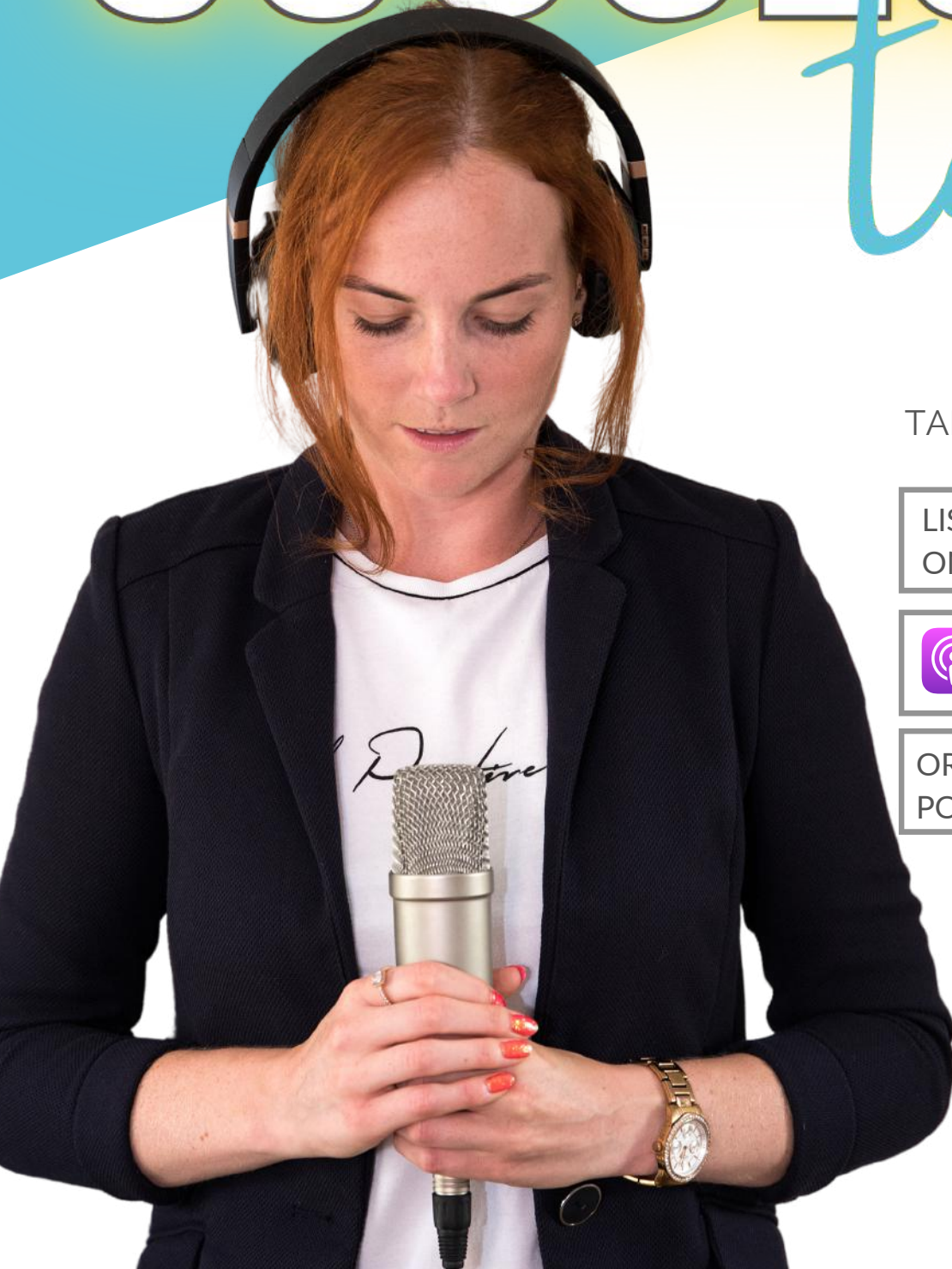
# 03

## Berry spinach quinoa salad

Healthy Berry Spinach Quinoa Salad is a perfect spring and summer salad filled with fresh strawberries, blueberries, and blackberries tossed with a delicious lip smacking orange dressing!

# SUCCESS

## talks



PODCAST BY:  
TAMMY WHALEN-BLAKE

LISTEN ON 

Listen on   

OR WATCH THE PODCAST ON 



go to yellow

**SUCCESS** Talks

EPISODE #003

**LAUGHTER MAN**

WITH PETE CANN

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #004

**HOME ORGANISING**

WITH POPPY DUFFREE

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #005

**SELF-CARE**

WITH HELEN PINKETT

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #006

**AFFIRMATIONS**

WITH FIONA POWLEY

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #007

**VICTIM TO SURVIVOR**

WITH KIM SMIT

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #008

**POSTURE IMPACTS SUCCESS**

WITH KARIM SAMANI

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #009

**VIDEO CONFIDENCE**

WITH JACK COOKE

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #010

**FIND YOUR PASSION**

WITH JERRY BIGNELL

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #011

**ACCOUNTABILITY**

WITH NIKI MATYJASIK

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #012

**STILLNESS**

WITH ANDRES ROBERTS

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #013

**ADHD & DYSLEXIA**

WITH MICHAEL DAVID ROBERTS

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #014

**TRAVEL HEALING**

WITH JACKIE ROBY

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #015

**RESILIENCE IN CRISIS**

WITH BERNADETTE BRUCKNER

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #016

**"I CAN DO THAT"**

WITH IAN, TIM & BILLY BOG BRUSH

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #017

**SELF-AWARENESS**

WITH ANDREW JACKSON

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #018

**AUTHENTICITY**

WITH MARINA HAVER

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #019

**RELIGIOUS BENEFITS**

WITH IAN CAMPBELL

LISTEN NOW

go to yellow

**SUCCESS** Talks

EPISODE #020

**PERSEVERANCE**

WITH CLAIRE GORDON

LISTEN NOW

go to yellow

**SUCCESS** Talks

**NEW**

EPISODE #021

**SEXUAL ENERGY**

WITH DAVONTE SHEARD

LISTEN NOW

CLICK THE ICON TO ACCESS THE PODCAST



# THE SUCCESS MORNING RITUAL

## NIGHT BEFORE

A good morning routine starts the night before - reflect on the days achievements and make a plan for tomorrow.



## IMAGINE A GREAT MORNING

Before sleeping, imagine waking up energised and excited for the day ahead. Just like the excitement when going on holiday.



## NEVER NEGOTIATE WITH THE ALARM

When we contemplate sooze, we lose the power of waking up with energy.

Up is up! No second alarm required.



## WATER WATER

Put a glass of water next to your bed to drink first thing the next morning. You lose one to two pounds of water each night, and morning dehydration makes you groggy.



## STRETCH

Take a few moments to stretch out your body from the sleeping position. A simple 6 minutes can increase your energy and confidence levels.



## HAVE A COLD SHOWER

That's undoubtedly the quickest way to boost your energy level. Also many health benefits included!





## BEAT THE THIEF OF TIME: PROCRASTINATION

*We all lose precious moments to delaying tactics, postponement, and dilly-dallying. It's time to call time on this self-defeating behaviour.*

### **Know Your Why.**

Ask yourself what the root of your procrastination is. There might be a very good reason, such as you don't have all the information, input, or energy you need to complete the task. Procrastination is not always a bad thing. It may be necessary if it's not about avoidance.

### **You are at your best.**

Not everyone thrives on completing tasks immediately. You may be someone whose creative juices flow best close to the final deadline. This could make you feel fresher, and that type of urgency helps you deliver a good product. Knowing your style helps a lot.

### **Do the toughest task first.**

This is known as the 'eat the frog' strategy. This comes with the saying, "eat the frog, or it will eat you and procrastinate all day." It's tempting to postpone complex tasks, but they will sap your attention - at the back of your mind, you know the task is still waiting.

### **Don't Use 'research' as an excuse.**

Try setting your phone up with three different home screens - work, home, and lifestyle, then organising your apps, social media, and the most related selections. This can stop you from checking the weather, browsing Facebook, and online shopping whenever you pick up your phone. If it's not on your work screen, you will be less likely to go there.

### **Perfectionism doesn't make perfect.**

One reason a lot of us procrastinate is that we are fearful that our work is not good enough as it is. Maybe we have grandiose ideas about a completed project having to be a world-class work of art, business, or science. Perfectionism is the enemy of the good. Instead, aim for mastery. Mastery accepts that you never get to perfection, but what should motivate you is the process of getting better and better at the work. Do your best at the time but accept that there will always be things on which you can improve. Getting more proficient at something is exciting.



*Need an extra hand to overcome your procrastination? Become accountable and unstoppable with the guidance of Go To Yellow.*

# WHY YOU NEED WORK-LIFE BALANCE

## When Working From Home

As someone who works from home while also working outside the home, I struggle to balance working and enjoying my family. This is especially true when I am really excited about a project.

I have been writing a few e-books lately. It started as one and then became two. I thought I should re-write the one from a few years ago since it is not as relevant anymore!

I was proud of my last e-book. I put a lot into it. I am starting to think that it would make a good series. The ideas are swirling around in my head, and I find myself writing on the computer any free minute that I get. I carry my laptop outside when the kids are playing. I sit beside my husband, typing away while he is fixing vehicles. I am furiously typing away if he is not ready for bed.

### "Writing e-books has taken over my life!"

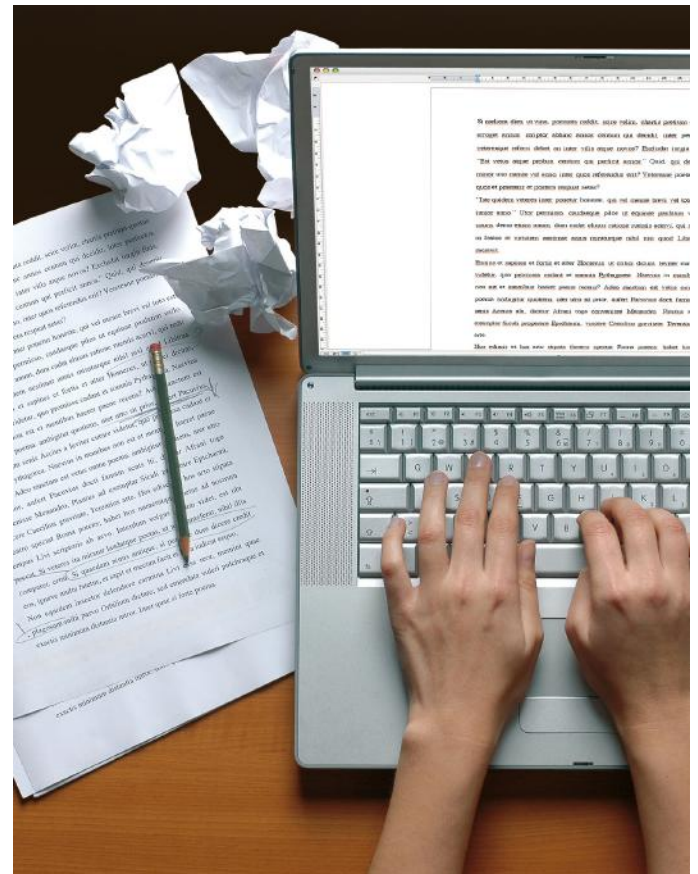
I don't have much balance right now because I am so excited about it! I am continuing to write for DVM Multimedia and just completed a massive project which also had me typing furiously. However, instead of trying to pick up other writing gigs, I have been spending so much time writing my e-books.

The sad thing about it is that I don't think I have sold many copies yet. I know they are residual income and will continue to bring in money for years, so I am not worried. I am just so excited to get all of the ideas out of my head into a book form. I hope that they are helpful.

Anyway, I need to slow down, though it is so hard because I am so passionate about my e-books.

**So, how can you find time outside of work, especially if you are so excited about a project?**

**Here are some tips to help!**



### **Schedule downtime.**

It is just as important to schedule your downtime to schedule the time you need to work.

### **Realise that you will come back refreshed and ready to work harder.**

Even if you are super excited, you need to know that people who take breaks do a better job because they have time to relax. They come back to a project refreshed and ready to start again. You might accomplish even more than you thought possible – even with a short break!

### **Start slow.**

You don't have to take long breaks – even a half an hour



break will do wonders for your productivity. You can always add onto it when you have more time to take a break!

### **Be accountable.**

I am sure that your family wants to spend time with you too, so make your husband (or wife) accountable for your actions. Even if they have to lock up your computer, make sure that they are willing to make you take a break, no matter how much you fight them!

### **Remember that you don't want to burn out.**

Even if you are super excited about something, you will still burn out if you continue at such a fast pace. You need to remember that you WILL burn out, no matter how passionate you are about something! Pace yourself – you will get it done!

### **It is so important to find a balance.**

You need (and deserve) to take breaks and enjoy your family. Spring is here – get outside and enjoy the beautiful weather. A nice walk will do wonders for your fitness and your mental health!

### **Just take a break! You deserve it!**

*Shelley Wenger*

*Work From Home: Can You Do It All?*  
Ebook Author

“You can't take care of those you love if you don't take care of yourself”

## **GRATITUDE LETTER**

Send us your gratitude letters for future editions. We'd be delighted to share them! **Send to [magazine@gotoyellow.co.uk](mailto:magazine@gotoyellow.co.uk)**





# Diary Detox<sup>®</sup>

## TAKE CONTROL OF YOUR DIARY

### DID YOU KNOW?

THE AVERAGE PERSON SPENDS 2 HOURS PER DAY RECOVERING FROM DISTRACTIONS



MOST PEOPLE CHECK THEIR PHONES AN AVERAGE OF 58 TIMES PER DAY



A PERSON WHO WORKS WITH A CLUTTERED DESK SPENDS, ON AVERAGE, 1 AND A HALF HOURS PER DAY LOOKING FOR THINGS



EVERY SECOND OF LIFE IS A TREASURE THAT ADDS TO A MINUTE WE CAN NEVER REGAIN. SO, LET'S NOT WASTE ANY OF THEM

**The Diary Detox unveils what you're doing and highlights what you want from tomorrow**

It's our most powerful Productivity & Energy tool that creates space in your over scheduled diary so you can do more impactful work activities and have time to restore life balance

**How can we help you?**

Diary Detox<sup>®</sup> uses five simple steps to help you or your team to take a step back out of the weeds, look at how they're spending their time today and reassess which activities adds value, now and in the future. That extra space is where you and your teams growth begins.

**LEARN MORE**



**CLIENT FEEDBACK**

I would recommend taking part in The Yellow Masterminds as they give you actions to get results. The session was well structured, got us to open up about our issues and then each person gave advice. I loved Tammy's approach as it was clearly thought out and made sure it didn't make people feel threatened. Tammy followed this up by holding you accountable and with a structure that gave you the support you needed.

Nicola Richardson, The People Mentor

“

CLAIRE BERRY:

EVEN IF YOU DON'T  
SEE IT, THERE IS  
SOMETHING TO  
LOVE ABOUT YOU.  
WE WERE MADE  
QUIRKY FOR A  
REASON.

”

Well, what a month!



# CLAIRE BERRY

It's never easy settling into a new city and it most definitely gets harder as you get older. I relocated 4 years ago, it was a difficult decision and a lot of pros and cons lists ensued. Overall it felt like the right thing to do, I had been very unwell and the father of my child lived 200 miles away. As a single mum with mental health issues we decided it was best to move near my daughter's dad and share the childcare 50/50. It's

been a rocky road and I have pined home and missed those long standing friendships that help me feel tethered to the world.

However, having the space to explore and develop myself outside of being a mother has been really necessary. There have been setbacks and of course like for all of us, the pandemic span my world off its axis. However, bit by bit, step by step, things are

“THERE HAVE BEEN SETBACKS AND OF COURSE LIKE FOR ALL OF US, THE PANDEMIC SPAN MY WORLD OFF ITS AXIS.”



moving in the right direction. Little wins are occurring and chinks of hope are seeping through. This month, particularly, has felt like a milestone and this morning the words faith and patience span around my head, wise words from a zoom call last week reminding me it's a marathon not a sprint.

I made a decision to go freelance as a writer last May, alongside my comedy work, and yes I'm not paid for comedy 'yet', but I'm treating it as work. For myself the road as a freelancer is more like one of those country lanes where speed is not of the essence and every few minutes you need to pull in to let a lorry through. But I'm beginning to feel that the slow but steady persistence might be starting to pay off, I've now got a few lovely little writing gigs and a sense of clarity about what I want to specialise in. For years I've wanted to write my own memoir as I believe that the power of telling our story and committing our own narrative to paper, is not to be underestimated. Although my own memoir is currently on hold, I've started helping others write theirs and I'm realising how much of a joy and privilege it is. I'm also getting other bits and bobs of interesting, fulfilling writing work and I am finally starting to feel like I am really becoming part of the local comedy community. The future is looking more promising than it has for a long time.

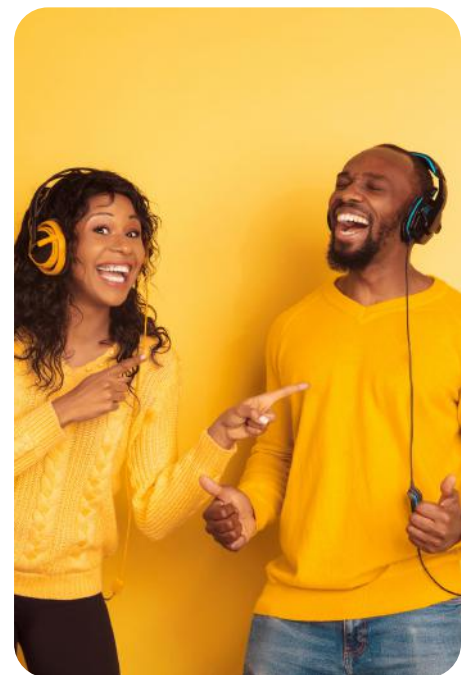
So there has been lots going on this

month, more than I can squeeze in here! It has proven to be an incredibly busy and productive April.

In the midst of writing this and in the mayhem of the month I have also had some significant news. I have just had a long awaited assessment for ADHD (inattentive) and the diagnosis has been confirmed. It's a mental health issue, that until last year, I would have never considered would fit me. Last July I happened to google one of my more frustrating quirks and I was directed to a list of ADHD symptoms, which although puzzled me, sent me on a quest to find out a bit more. A few YouTube videos later and I was sitting there with my jaw wide open and a bemused look on my face. Surprisingly, I identified with all of what I was hearing, so I decided to investigate further. It proved almost impossible to get an assessment on the NHS so I put my name down on a private waiting list and squirrelled away some cash. I do have doubts, concerns about what ADHD actually is, I question if it is just the new zeitgeist, I still have a lot to learn about it and at the moment of writing this I am still trying to process how I feel and what it means. The thing that does really matter about ADHD is the way it is treated, which is significantly different from the way my difficulties are currently treated. I have felt demoralised for a long time about both medication and talking therapies that have left me feeling that I am treatment resistant, and I have heard this echoed in other ADHD

sufferers. I will be starting on a new medication in the next week or so and I have been informed that it is very fast acting and I could potentially experience results quickly, so I'm tentatively hopeful. It's been an emotional day or two, there are a lot of pieces to the puzzle that are important for me to make sense of, and since turning 40 significant pieces have been coming together. I am wondering right now if perhaps understanding and treating my ADHD will prove to go a long way to completing the Jigsaw...

To be continued...



Comedy  
became my  
healing. What  
is yours?

**Share it with us on socials**  
**#yellowinspiration**

[www.gotoyellow.co.uk](http://www.gotoyellow.co.uk)

FOOLS SPEAK  
BECAUSE THEY  
HAVE TO SAY  
SOMETHING;  
THE WISE SPEAK  
WHEN THEY  
HAVE  
SOMETHING  
TO SAY

## Ask Tammy



My spouse wants to start an online business. What's the best support I can give?

There will be long days, late nights and early mornings for your partner. What has been helpful in my relationship is the splitting of house admin - if I were unable to cook due to working late, my partner would take the role of cooking and cleaning. We work in balance. The key is REGULAR communication. Discuss what you both need to maintain a healthy relationship while working on the business growth. Keep checking in, as, over time, the business will go through highs and lows, meaning the needs will change.

E-mail [nichole@gotoyellow.co.uk](mailto:nichole@gotoyellow.co.uk) with any question you would like to ask. We would love to hear from you.

LEARN MORE

