

UpStarts



November Bliss '17

30 days of tenderness

Feel fabulous!



November

Bliss

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EVERYDAY BLISS

First and foremost let's be clear, there are NO can't, shouldn't and must not deal-breaker rules for our November. This month is all about you and that's the only rule. You must commit to you with a tenderness - kindness even, towards yourself.

"Be patient with yourself. Self-growth is tender. It's holy ground. There is no greater investment."

- Stephen R. Covey

This month, BEND THINGS TO FIT YOU. I want you to take time, which is different to making time, for these tasks. November is a wrapped-up gift to yourself and you get to take a layer of wrapping off each day. Be excited!

UpStarts is all about looking at things differently, so let's really observe and explore the world we've shaped for ourselves by adding a couple of daily practices - SUGGESTIONS ONLY - which will help you focus on a mindset of pleasure and joy in everyday things.

Each day you will be allocated a specific task or activity and if you follow them, along with your selection of the following additions, you will complete this blissful month feeling soft as cashmere and strong as a diamond.

A SUGGESTION

You might like to consider giving your body a complete rest during these 30 days and put aside the wine or shots or champagne for the duration. There are so many gorgeous, self-care, soulful things to do. So treat your body like a temple and give yourself the 'goddess' treatment. You can create your own gorgeous non-alcoholic cocktails or get to know your taste in herbal teas and super juices.

*Ah, the sleep you will enjoy. The time you will make.
It's all about making time - for you.....*



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TRY THESE EVERY DAY IF YOU CAN

- **REST:** Go to bed one hour earlier than you usually do.
- **DRINK WATER:** Try to drink a small glass of water every hour. Be mindful of the cool, fresh, clean water. Fill a water bottle and carry it with you.
- **JOURNAL:** Buy or source a beautiful notebook and write a paragraph a day (or more) on your experiences, thoughts and observations. You'll be amazed how much more you can recall and memorise.
- **GRATITUDE:** Write three things you're grateful for each day. It's the little things that make life good - a warm, safe bed, a seat on the train. This can seem a little difficult at first but very quickly, you begin to notice reasons to be grateful throughout your day.
- **EXERCISE:** Try to get 30 minutes of exercise each day. Plan it in advance. Where can you walk? Do you have gym membership? Can you sign up for a daily swim? If you have problematic areas impeding your movement, enlist support (professional or otherwise) to help create a movement programme. It's vital for good mental health - especially in winter!
- **PHOTO:** Take a photograph every day of something that catches your eye. Try the black and white or sepia filter for added atmosphere or character. Notice ordinary everyday things in a new way. Share your photos on the UpStarts Facebook page.
- **CHRISTMAS CARD:** Write 1 card or holiday greeting every day. Make it special. 'Best wishes for 2017' is handy if you're writing 30 cards at one sitting but making your message special i.e.. "I hope you get to return to that little hotel you found in Italy in the coming year" shows thought for the individual and creates a genuine connection. At the end of November, you have 30 cards written and ready to post on December 1st.
- **CRAFT/ PROJECT:** Plan a creative project. Knit yourself a cardigan or scarf. Knit a whole bunch and give them as Christmas presents! Paint. Create a vision board. Make your own cards. Breathe new life into an old item of furniture. Learn how to master baking your own bread or showstopper cakes. Experiment with new recipes,
- **READ:** Read or re-read a book you love. Tell us all about it on the UpStarts Facebook page.
- **MEDITATE:** Meditation is a way to quiet the mind and allow us get in touch with our truest or highest self. Sit, breathe and ask yourself quietly "What do I need to know?" There's no right or wrong way and loads of online material to help guide you including guided meditations on Youtube on Hay House meditations podcasts. It's good for your health both mental and physical and may help you sleep better too. It can do no harm and might change your life!
- **AFFIRMATION:** Thoughts become things - so choose good ones. Make positive affirmations such as "My body is strong, perfect and beautiful. It heals easily and is energetic and fit" Write your own positive affirmation out ten times and sing it off to yourself. Add new ones every few days and soon you will have your own list.

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