



**CHRIS WEATHERBURN**

Get the most out of your life!

Dear Friends,

Been fairly productive making YouTube videos and preparing for Christmas.

It is soon to be my 40<sup>th</sup> Birthday coming up 1<sup>st</sup> of January. With age we strive (or at least are meant to) develop wisdom and a sense of perspective, it is also a good time to reflect. Regular newsletters are a good way to deliberately reflect on each month.

It is interesting if you objectively assess people's challenges and worries many of these will be of no significance in a few years. This can be used as a hack for managing worries – reframe your thoughts – would you be concerned about this in 10 years time?

This may put a sense of perspective and help you overcome day to day challenges.

**YouTube Video of the Month**



Opted for this video as the actual book content is excellent, for sure the greatest book about managing anxiety that I have ever read. Although I admit the video itself isn't my best production, would like to think this is outweighed by the new jumper with a golden tick that had just arrived! Here are some of the key points:

Happiness is from within; it is not a matter of externals. Think about what you have, not what you want, count your blessings. Try to adjust yourself to what is, and try not to adjust everything to your own desires.

Ignore unjust criticism. There is an old German's motto: "Just laugh." That motto is especially good when you are the victim of unjust criticism – think internet trolls. You can answer the man who answers you back, but what can you say to the man who "just laughs"?

Strive to do a good deed every day, one that will put a smile of joy on someone's face. This may have the hidden benefit of producing astounding results on yourself. Trying to bring happiness to others will cause you to stop worrying about yourself and perhaps even gain friends.

If you have got something on your mind perhaps establish what the worse thing that can happen. Prepare to accept this and then proceed to improve on the worst. Remember things tend to work out and it is important not to be worrying about some things that you have no control over.



Call to Action: Please forward this email to your friends to sign up!

## Tweet of the Month



Aidan Yeep @aidanyEEP · 15m

There's always a limit to what we can see.

That's why we need different perspectives from others.



Selected this great visual tweet, it is not only important to seek out other's view points and perspectives but also to be able to listen and know which people's points to listen to!

Briefly thinking about problems and solutions. A challenge was that my family want a dog again. I love dogs but am not looking to add to my workload.

As Marcus Aurelius wrote *"The mind adapts and converts to its own purposes the obstacle to our acting. The impediment to action advances action. What stands in the way becomes the way."* Note he wrote 'Meditations' to remind himself of his own thoughts and reflections, rather than to primarily educate others.

This led to me thinking up a solution = others have dogs will want to go away, they don't particularly like kennels and don't want to add to their costs. Could I help them by looking after their dog for a weekend? With the powers of the internet hopefully this will be achievable.

Merry Christmas, Happy New Year when it comes!

Chris

PS - Following last months newsletter minimal progress to report on the Podcast front – rest assured you will be first to know! Did make a cover and next steps will be looking at making an intro and exit jingle.

PPS - If you are around Dundee for Hogmanay (New Years Eve) feel free to reach out if you want to celebrate in person and come to what will be a fantastic party :)

## Website of the Month

<https://whisk.com/>

This is a great website which has a free app that helps organise grocery shopping. You can look at any recipe online and with minimal clicks import all the ingredients into your account, broken down into an interactive shopping list. This adds the right quantities for each meal and even has them organised by the aisle that you would expect to find them. You can share shopping lists with friends and family and also can link this to your smart speaker.



# Chris Weatherburn

Get the most out of your life!