



**CHRIS WEATHERBURN**

Get the most out of your life!

Dear Friends,

Life can be challenging, and the one certain thing is change. It is a good idea to try to prepare for the unexpected. A good rule of saving money is that you don't need to save money for something, just a safety net which will help you get a good night's sleep.

When a crisis hits it is easy to feel like you are without a paddle. This is when it is most important to take a moment and reflect upon your values. Knowing your values, will then assist with decision making, particularly when there is not an easy answer.

Life is a bit like dancing, the challenge can be when you want to improve at something you need to work hard at it. But equally if you are working too hard at trying to get a certain dance move right then you almost miss the point of the dance. Try not to be serious, even if you are right, it is most important to have a great time and attitude on the dance floor than get everything right (I am telling this to myself).

### YouTube Video of the Month



I am starting to spend longer on my videos, hopefully increasing their quality. I selected the above one really because it took ages to make.

I have split my latest video into four parts, to see how that will work. The focus of this is about money, I got the unexpected saving idea at the start of this newsletter from that. Feel free to check out Part [1](#) or [2](#), part 3 and 4 haven't been made yet!

## Tweet of the Month



Am enjoying visualisation Tweets more and more, this one has solid advice for anybody trying their hand at marketing.

You may have heard or read about a [controversial Facebook study](#) from 2014. “Emotional states can be transferred to others via emotional contagion, leading people to experience the same emotions without their awareness.” This is a good reminder to try to keep this newsletter positive.

So will leave you with a good story about Facebook. Last month I put a photo up on my Facebook story of me posing on a family trip to Germany – directly because of this I met one of my cousins and his lovely wife who had just moved to Düsseldorf!

Until next time,

Chris

## Website of the Month

<https://tenor.com/>

If you want to look at a library of GIFs or even upload your own this a great useful website.



Thanks for reaching the end of this newsletter – if you have one friend who you think might like it please forward this on for them by [clicking here](#)