

January 2024

Dear Friends,

Happy New Year 2024!

It is that time of year when we reflect about what we want to achieve in life and consider making resolutions. I still believe that having new year's goals to improve ourselves rather than restrictive resolutions is the way forward.

Take a moment to think about what your ultimate vision for your life is. Your goals should be ambitious but also energise and inspire you. Visualize your aspirations; keep reminders around you to stay motivated in life's journey.

So, what is my ultimate vision? If asked it is easy to say helping others and having fun. But what makes fun? For me fun translates to acquiring, learning, and applying new skills, having meaningful interactions with people who can inspire you and discovering cool places. What is helping other people – through clinical work it is to help people manage illness and have healthy lives. Through the internet I believe it is spreading thought-provoking ideas online that inspire others to take positive actions. In person, I believe it is seeing others as individuals and listening to them.

The balance is when you acquire a new skill to keep enjoying it. There is where my problem lies pressure and targets can help with productivity but can then flip to burnout. Whereas enjoyment on the other can be fun then lack of focus and motivation.

My goals are to continue my work, keep making YouTube videos, monthly newsletter, keep using Duolingo and be a good role model for my children :) My fun goal is to try to collaborate more in 2024, but most importantly use these collaborations as ways to enjoy the work more rather than add to stress.

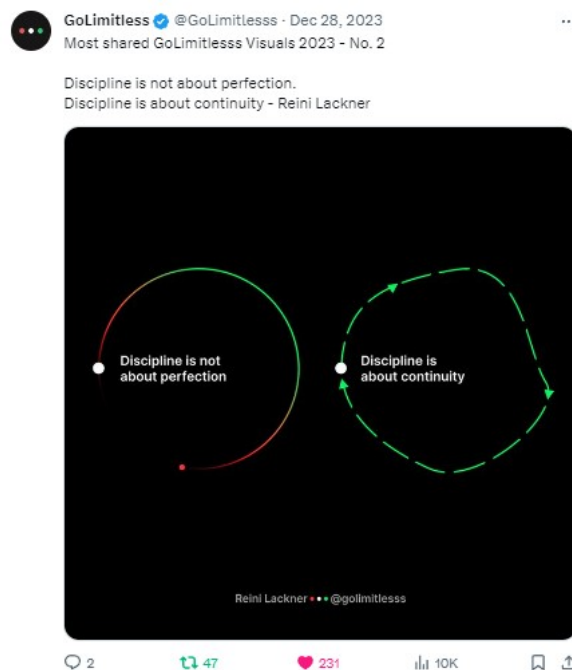
Much like DJs collaborating to amplify exposure and motivation, ask yourself: Why work? Is it for a greater purpose or just money? If it's money, what's the driving force behind it? Remember, managing money wisely can empower you to leave a legacy and help others.

YouTube Video of the Month



Reflecting on honesty and motivations, there seem to be three types of people. Which one resonates with you?

X of the Month



This visualisation by [@GoLimitless](#) perfectly aligns with this newsletter's theme - you certainly need discipline to achieve your goals.

Website of the Month

<https://dadjokegenerator.com/>

I genuinely had thought about writing a dad joke book but decided against it. This website already has enough "punny" material!

Feel free to forward this to friends and invite them to join us [clicking here](#). If you're up for collaboration, reach out! Here's to an incredible year ahead.

Warm regards,

Chris



Chris Weatherburn

Get the most out of your life!