



*Changing your life...
one thought at a time*



DAWN BOOTH
LIFE COACH

Newsletter

28th October 2024

Welcome back!

THIS MONTH'S TOPIC IS A VERY PERSONAL CHOICE **LIFE OVER WORK**

Life is Full of Expectations

In today's fast-paced world, it often feels like the more you do, the more is expected of you. Balancing work and personal life can be overwhelming. The constant push to achieve more at work often leads us to neglect the other important areas of our lives.

But here's a thought: ***"What kind of busy do you want to be...? Work busy or Life busy?"***

CHOOSING LIFE OVER WORK

When you choose to be life busy, you prioritise experiences, relationships, and personal well-being over the relentless pursuit of career success. Let's explore some compelling advantages to focusing on living LIFE rather than stressing to earn more.



1. Enhanced Well-Being

Physical Health: Engaging in activities that promote physical health, such as exercise, outdoor adventures, and sufficient sleep, leads to a healthier, more energetic you.

2. Stronger Relationships

Family Time: Spending quality time with family strengthens bonds and creates lasting memories.
Friendships: Maintaining and nurturing friendships brings joy and support, enriching your social life.

3. Personal Growth

Hobbies and Interests: Pursuing hobbies and interests allows you to explore new skills, creativity, and passions.

Continuous Learning: Life outside of work offers endless opportunities for learning and self-improvement, from taking up a new language to cooking classes.

Embrace a lifestyle that values personal well-being and meaningful connections. After all, at the end of the day, it's the moments we share and the experiences we cherish that define a life well-lived.

CONNECT WITH US:

Stay tuned for more insights and tips on living a balanced and fulfilling life. Follow us on social media for daily inspiration and community stories.

Life Over Work Team
Prioritising what truly matters.

4. Greater Fulfilment

Life Satisfaction: Engaging in activities that align with your values and passions leads to a more fulfilling life.

Work-Life Balance: Achieving a balanced life reduces burnout and increases overall happiness.

A New Perspective

Re-evaluating your priorities and choosing to be life busy can transform your outlook on what success truly means. It's not just about climbing the career ladder; it's about finding joy, meaning, and contentment in the everyday moments.



BLOG

NEW

CHECK OUT MY LATEST BLOG
dawnbooth.co.uk/blogs

A NEW BLOG EVERY MONTH

Next Newsletter
"Gearing up for a New Year"



*Take care,
Dawn*

Vol.7