
SALLY'S HEALTH LIVING

Wellness Coaching

Winter

WELLNESS COACHING FOR YOUR HEALTH

Are you happy and content in one area of your life but perhaps not another? Do you want to make healthier decisions but just don't have the oomph or focus to do it? Having financial problems? Feeling stressed? Then, wellness coaching may be for you.

Sally's Healthy Living helps people make informed and wise decisions about their physical, mental and spiritual lives. When I am your coach, we work as a team. I help you realistically identify and achieve your goals. I use gentle encouragement, help you see the light at the end of the tunnel and focus on making this a fun and rewarding journey. With wellness coaching, it is possible to change the way we respond to life's curve balls and work towards a healthy, fun and fulfilling life.

TIPS FOR SURVIVING CHALLENGING FINANCIAL TIMES



It's been a rough 2 years for this country and scary times for many individuals. I remember a few years ago, knee surgery forced me to be out of work for 7 months. I was selling furniture and jewelry

just to pay the bills and put food on the table. This opportunity forced me to identify and develop other talents I didn't know I had. It allowed me to transition into a different career. Here are some tips for you to survive challenging financial times.

1 DON'T PUT YOUR HEAD IN THE SAND Take stock of what you have. Keep a money journal. Document everything you spend, the money you have saved and the money you will need for the future.

2. EDUCATE YOURSELF Read what you can about the current financial situation. Bloomberg News, Nightly Business Report, The Wall Street Journal, Yahoo Finance and Suzie Orman are all great sources of information.

3. GET PROFESSIONAL ADVICE BUT TAKE IT WITH A GRAIN OF SALT We are living in unprecedented times. Even the most reputable financial professionals admit to the uncertainty of this global financial environment. If you do get professional advice ask the advisor how their finances weathered the past year. That will be a good indication of their skill.

4. HAVE A PLAN Develop a simple financial plan for the next six months. Share it with your partner if you have one. This will give you an increased feeling of control over your situation and help you budget your money.

5. FOR THE UNEMPLOYED Find out what your local county resources are for the unemployed. Many government agencies now offer free workshops on career transition, job hunting, resume writing, funds for re-training and more. Take advantage of this incredible resource.

6. THIS COULD BE YOUR GRAND OPPORTUNITY Turn this into an opportunity to improve the quality of your life and relationships. Many people who are out of work find they have more time to spend with their family or volunteer in the community. Some with less money discover fun free things to do in their community. You can improve your health by cooking healthy homemade meals that are less expensive than eating out. Many people discover a new talent when

they are forced to make home made gifts instead of store bought ones,. Try a new hobby that might generate income, like writing, public speaking, or something that you are really passionate about that doesn't require a large investment. The opportunities for fun and learning are endless.

7. GET OUTSIDE OF YOURSELF AND HELP SOMEONE ELSE

Sometimes, helping people less fortunate than ourselves helps put things into perspective and you might make a new friend.

9. **KNOW THAT YOU DON'T KNOW** No one really knows what the future will bring, we can only plant the seeds today for positive things to blossom tomorrow.

Sally's Healthy Living produces this newsletter

If have suggestions for future newsletters or comments, please email them to sally@sallyshealthyiving.com

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