<u>Adults</u>

Nice to virtually meet you...

How has adulthood been so far? Well, if you are here I should think you may have encountered a little bump or a huge great BIG boulder! Either way it is nice to have you click on by. There is much information out there. But if you don't find what you are looking for that doesn't mean that it doesn't exist. Rest assured you are not the first person with your issues and problems. May not seem like it with the current virtual world. There is this untruth going around, that every day is amazing, wonderful and happy. Just look at social media... It must be true!!! Unfortunately, it is not!

NOT EVERY DAY IS A GOOD DAY

Now, I'm guessing that as an adult you will have encountered life experiences. For the most part these can amazing but on occasion they can be pretty painful, leaving invisible scars but visible choices! The question is are those choices still working for you? But every day is a new day. And with it a chance to make new choices, and change things! You, and only you alone, will determine what happens next!

Some days are brilliant, so much fun, others you may need to just go with the flow... others you may have to get back to basics, and others the bare necessities is all that can be managed! This is true of all humans... full stop. No exceptions.

I have worked with thousands of people and the following is true... reread as often as you like. Some will be easy to digest while others may take a while.

STOP judging yourself. Get to know you... after all you are 1 in 8 billion! STOP comparing yourself. How can you be like anyone else when you are unique! STOP and enjoy your unique journey. Full Stop. Or do something to start enjoying it.

IF YOU ARE STRUGGLING... LOOK FOR HELP... there is so much out there and so many people who really do want to help. They may not always get it right, they may not work for you but keep looking as you will find someone who fits... and help yourself to the free stuff on here. Drop me a line if you think that helps. Don't be alone and do be (yes I said do be) proactive.

This is your life... insert your age onto the line below. Now, do you want to be where you are now, in 5/10 years? Best get planning... it really is all about you... ⁽²⁾ Good luck

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The following is true.... Print out and read daily

You are unique

You are an individual

You have your own story

You have got this

You will encounter challenges along the way

You do have what it takes to overcome those challenges

You are worth it

You do make a difference

You do matter

You are amazing

You are not alone

You are brave

You will have bad days

You can adapt and change

You do not have to like everyone

You will find your people

You are stronger than you know

You are good at some things

You are 'normal'

You do have thoughts and feelings - they do matter

You learn as you grow and you grow as you learn, so relax – it will happen naturally

YOU ARE YOU O WELL DONE ON GETTING THIS FAR... Keep on keeping on O

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- 1. Email me to blog on a topic you would like more information on. (You will not be alone with your concerns!)
- 2. Continue the search... here, online or at your local GP's/library
- Arrange a phone consultation <u>info@jepeca.com</u> (Initial chat free - if further needed £70 per 50 minutes)
- 4. Don't give up... you found the question so the answer must be close by!