

5 ways to

SMASH THROUGH GUILT

1 Ask yourself, "Is my guilt helping me?"

Do you want to, or can you change the scenario that you are guilty about?

If the answer is yes, then make the changes that you need to live guilt free.

If the answer is no, then accept the decision you've made (or had to make) and move on.

2 Be all where you are

If you're at work, be at work and give your all. If you are at home with the kids or your partner, be there in body and mind and PUT DOWN THE IPHONE.

3 Don't look for guilt sympathy

Instead of searching out people to help you wallow, find yourself the best ladylove crew. HONEST women, who will steadfastly support you and help you when you ask, but will also tell you when you are being a douche (rather than encouraging you to be a miserable martyr).

4 Lower your standards

You know what? You're doing a bloody great job. You're fantastic just as you are. Take your foot off the accelerator and enjoy being the hot mess you are.

5 Say NO to more jobs & YES to more fun

Taking on more stuff that you don't have time for will make you feel resentful.

You'll probably end up dropping the ball because you've got the shits & then you feel guilty. All because you took on too much in the first place.

So, we say YES to more red lipstick and drinking spritzers at sunset with fun people. And NO to pointless crap that won't matter when you're on your death bed (or even next month).