

The Peak



Perspective

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Hump day or Peak of the week? You decide!

Wednesday -

“You can focus on the good and the good will increase!”

Hump Day

I searched “hump day” on the internet, and this is what I found...

Getting over the hump - the week is half over.

It's all downhill from here.

“It's hump day and perhaps the toughest day of the week for you” - Oxford languages

Peak of the week

If we consider Wednesday to be a more positive “Peak of the week” there's not much to be found!

Success starts the moment you say “Today is going to be a great day!” (Even if it's mid-afternoon!)

Let's look at some positives to take our mid-week from slump to peak...

SHOWING YOU THE PATH TO MORE

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The Peak Perspective

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THE (METAPHORICAL)
CONSERVATORY OF
MIDLIFE CONTENTMENT...

OR YOUR LIFE OF PURPOSE,
JOY, EXPERIENCE,
HAPPINESS



Wednesday

W hat Wednesday is
E ach week
D oes not
N eed to be dictated to you by
E veryone else on the internet
S hhh...Take a breath
D ecide for yourself how it will be
A nd
Y ou can focus on the good ...
and the good will increase.



5 STEPS TO PEAK SUCCESS

1. Take a deep breath in through your nose, then sigh it out.
2. Smile (however you're feeling).
3. Think of 3 things you're grateful for.
4. Say "Today is a great day".
5. Smile again!

These are proven ways to make your brain feel safe, calm and happy. Try it!