



# Tips to keep you airborne!



A magic formula for staying in the race

March 2022

If you want to reliably 'go the full mile', it pays to make sure you've got a vehicle you can depend on; one that you know, like and trust; preferably one with a 5-star safety rating; one that can take you places...over difficult and uncertain terrain.

This smacks of newness; of spondoolies, power, strength, design, endurance and capacity, not to mention premium fuel.

As a kid, I spent endless hours watching Formula 1 motor racing on the box.

Having a number of older motor racing rev head brothers and one 'box' ensured I was well down the channel selection pecking order.

My observations?

The race was painfully long, with endless laps, yet crucial pit stops for re-fuelling, tyre changing and more. The pit crew were essential. The quality of the stop could make or break the race. Adrenalin was high.

So, what's the link?

If you to take a selfie, consider that what you see is the vehicle and the 'race' is life.

To go the distance and run a good race, you need to look after your vehicle, a.k.a. you.

How many safety stars are you looking at? What's the condition of the body? How's the engine running? A bit slow to take-off and/or slow/unable to brake and safely manoeuvre the chicanes of life without crashing and burning?



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What can make or break the journey is in the quality and timing of your pit stops.

Put simply...your sleep.

Sleep is your Formula 1 pit stop. You've got a dynamic dream team at your fingertips, working for you for free. All they ask of you is time.

So, do yourself a favour today and give some thought to your pit stop processes.

Heck, it's the only vehicle you've got. What's more, there's no trading up and it most likely deserves some attention. That, plus the fact that you probably want to run a good race.

Till next month, here's to safely staying on track...

*Caroline*

*PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things SLEEP.*

*Email me with "yes, more information please".*

*Spread the word...*



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