

By way of introduction

---

By the time I reach 50, which is fast approaching; I will have been around for 18,250 days; 11,680 days as an adult, 7,085 days married and 4,147 days as a Mum. The days have just flown by.

Shocking really; and I have let a lot of those days slip by.

For me that all changed in 2015. A combination of feeling overwhelmed by what the 'experts' were telling me about the way I should be leading the 'perfect life' and as a nutritional therapist, I was supposed to be one of those so-called 'experts'. The frustration of my inability to put their suggestions and my own into consistent practice forced me to re-evaluate my whole approach to my physical and mental wellbeing. The catalyst to change came out of the blue.

Three ladies I knew quite well, one a very good friend, were diagnosed with cancer.

It only took one day for their lives to be changed forever.

I observed from the side-lines offering my support where I could, and watching as they moved forward with incredible courage and grace to meet this challenge. I remember at the time thinking how cruelly they had been swept without warning into hospital appointments, blood tests, prescription drugs, chemotherapy and radiotherapy sessions and, worst of all, the fear of facing the unknown. Their independence had been stripped away, and many choices and decisions were made for them by someone else. Their lives were thrust into the 'pause' mode - their future uncertain.

I remember trying to put myself in their position. I recall thinking about how I would cope if this happened to me. Who knows? Back then my thoughts were that it is much easier to 'Be ready' than 'Get ready' so that you hopefully would be able to summon up the resilience to cope with whatever your illness throws at you.

Cancer does not respect age, gender or race, and during my pharmacy career I have seen even the healthiest of people fall victim to this cruel disease. My conclusion was that right now I 'get' to get up each day and make my own choices, to decide what I want to do with my precious time - and indeed it was precious.

I wanted to appreciate this freedom I had. One thing I knew for sure, I didn't want to waste any more of my days. I wanted to become the best version of myself.

In fact, I owed it to my three friends to live every day, making the best choices I could. So this is where I got my inspiration 'Make Every Day Count', where my goal was that on most nights that when I went to bed, I felt reassured that I had given my best to myself and my family. Focusing on changing my mindset and simplifying my life, together with the fundamentals of sleeping, eating, moving and resting seemed to me to be a good starting point incorporating 'the Goldilocks Effect' - just the right dose, not too much and not too little.

Getting to know myself, finding my purpose and honouring my values resonated with me too. I needed to know this so I could figure out where I wanted my days to take me. After all, a skipper never sets sail without plotting a course. I knew I wanted to 'create' my days rather than react to the chaos of them.

Over the last twelve months, I have been reminded of making every day count once again; to live every day, bringing the best version of myself to it. My Dad is in the late stages of dementia, and as I write this, he no longer knows who I am or for that matter any member of our family. He was diagnosed with the early stages of dementia at 79. He was still working full time and retired at 80.

On his 80th birthday he quietly announced to the family that he was going to write his memoirs; four years later he self-published his book through sheer grit, courage and determination. His short term memory was fading fast, and he was preciously holding on to his long term memory as long as he could. It is now a wonderful treasure that he has created for us, for my boys, their children, his friends and for future generations. Now, when I turn the pages of his book, I am witness to the outcome of his days that when strung together created a life well-lived.

According to Tom Rath, the writer of 'Eat, Move, Sleep', we have about 500 million moments in our life if one moment is to be defined as 3 seconds. It only takes a moment for your life to be changed with a diagnosis. It also only takes a moment to decide to change your life for the better one day at a time. Let me help you make every day count and sew into them micro habits that concentrate on the five pillars of health and wellbeing – sleeping, eating moving, resting and simplifying your life which help to rewire your brain. Rewiring your brain enables you to sleep, eat, move and rest. Get these fundamentals right and anything is possible.

My friends' and my dad's experiences have inspired me to make sure I make my days really count.