



living
life to
the full
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Living Life to the Full - Life Skills Newsletter November 2025

Welcome to this edition of the LLTTF[®] life skills newsletter. It contains free access to our Reclaim your life course to help you cope with health symptoms. Plus two free worksheets and a list of our upcoming teaching sessions including news of free sessions to help you get the most from www.llttf.com

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You are receiving this Newsletter because you have subscribed to the Living Life to the Full Life skills (members of the public) newsletter.

You can unsubscribe at any time by clicking the Unsubscribe link at the bottom of the email.

New Live Online Evening Session – Change your thinking to change your life

Living Life to the Full is launching **new evening sessions** designed to help you build practical skills for better mental health and wellbeing. These sessions are **evidence-based, award-winning**, and delivered by our expert team.

Join us online for one hour on Wednesday 21st January 7-8pm and learn:

- How to manage your mind for a better 2026
- Change the way you see yourself and the world around you
- Spot the thoughts that mess you up – and change them for good
- Be kinder and more compassionate to yourself every day

What's included:

- One hour of expert training
- Practical skills you can use every day
- Worksheets to help you try out new ways of thinking
- One year's access to the session replay

During this online workshop, expert trainers Professor Chris Williams and Kate Houghton will teach you to understand how the power of your thoughts is affecting your emotions, your body and your

behaviour. You will learn how to spot the thinking habits that you fall into again and again, that are messing up your life – and discover new tools so you can stop them in their tracks.
Camera on or off: it's up to you.

Book your place today and start living life to the full!

[Direct link for this session](#)

www.lltff.com/training (all our training)

November: FREE COURSE for a Month for Health, Hope, and Reclaiming Your Life



This month there are several important awareness campaigns — including Movember (men’s health), Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, and National Hospice and Palliative Care Month.

All of these remind us how vital it is to look after our physical and emotional wellbeing — and to find ways to live fully, even when facing long-term health challenges.

Reclaim Your Life, is our online self-directed course designed to help people living with long-term physical health conditions. It’s about remembering that your life is more important than your illness.

Learn practical strategies and tools to help you:

- Manage your symptoms more effectively
- Cope with challenges in healthy, empowering ways
- Get the fun back into your life

Because while your condition may be part of your story, it doesn’t have to define it.

1. **Never registered to use the LLTFF online courses**: **[Download instructions to access here](#)**
2. **If you have already registered at our online courses site (online.lltff.com) then** ...

Go to online.lltff.com/user/login

Login using your email and password

When you are logged in at the top section of the homepage it says “ **Apply a course code**”.

Add the code **ryl46354r** and press “Apply”

You will now see the unlocked course in colour in the section called “ **Physical Health / Long Term Health Conditions**”

The code is active until 31/12/2025 and will give access until that date.

Worksheet: Free Resource: 15 Ways to Get the Most from Your Online Course or Book

Learning CBT life skills works best when you have a plan—and we’ve created a free worksheet to help you succeed. Whether you’re using the Living Life to the Full book (for adults or young people) or any of our online courses, these tips will help you make real changes.

What’s on the sheet?

1. Set aside a time and place to work on the resources every day.
2. Don't drink alcohol or nibble while working on your plan. Tea, coffee or juice are OK though.
3. Get energised before sitting down to work. Anything that uses your muscles for a couple of minutes is OK.
4. Read the module/book over and over till you know it by heart. Keep a learning diary (e.g. Notes in your mobile). Think about what you are learning.
5. Move it off the page/screen and into your life. Make a plan and write it down.
6. Think about how you would get up a climbing wall. You can do it if you take lots of small steps. Be sure to make them small, simple steps that you will be able to do.
7. Your plan is like a New Year resolution, so don't let it fade away. Check your progress every week. Plan-Do-Review.
8. You WILL get stuck from time to time, so work out what to do about it in advance.
9. Get a lot of help. The more people know about your plan, the more help you'll get and the more likely you are to succeed.
10. Write yourself a letter from 10 years in the future – "Thanks for being strong all those years ago".
11. Fill your life, fridge, mirror, car with encouraging reminders like "I can do it".
12. Imagine you are your own best friend and give yourself some encouragement.
13. Think like an athlete and get coaching and support from anywhere and everywhere you can.
14. Plan your coaching sessions in advance – know what you want to get help for.
15. Get a system in place to remind yourself what happens in the coaching session. How can you build on what you learn?

Our 15 practical strategies guide you to:

- Set aside time and space for learning every day.
- Stay focused—avoid distractions like snacking or alcohol.
- Get energised before you start.
- Review and repeat—read modules often and keep a learning diary.
- Move learning into life—make plans and write them down.
- Take small steps—like climbing a wall, one foothold at a time.

- Plan, do, review—check progress weekly.
- Prepare for setbacks—and know how to overcome them.
- Get support—share your goals with others.
- Visualise success—write a letter from your future self.
- Use reminders—fill your world with positive cues.
- Encourage yourself—be your own best friend.
- Think like an athlete—seek coaching and support.
- Plan your coaching sessions in advance—know what you want help with.
- Get a system in place—remind yourself what happened in coaching and build on it.

These tips are designed to help you learn effectively, review progress, and make lasting changes step by step.

[Download the worksheet here.](#)

Losing Track of Your Spending?

The festive season is full of joy, generosity, and gift-giving—but it can also lead to **overspending and debt**. If you've ever wondered why it's so easy to lose track of your spending, our **Living Beyond Your Means** book, online course and worksheets can help. This resource, part of the **Living Life to the Full series**, explores:

- **What causes debt – uncover the habits and triggers behind overspending.**
- **Practical CBT-based strategies – plan ahead and make changes step by step.**
- **Tools to stay in control – reduce stress and improve financial wellbeing.**

What impact do these following causes of over-spending have on you/others?

Rate the impact (Tick)

1. Losing track of your spending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Getting caught up in the excitement/buzz of buying things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Buying treats to make you feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Buying things because you feel you deserve them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Using possessions to demonstrate your success to yourself or others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Buying things for others to gain their love, affection or approval	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Having a strong compulsion to collect/possess something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Driven to get things "just right"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: Write in any other things that make you overspend - e.g. the influence of other people, alcohol, drugs etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

List up to three that you have identified as Red (or Amber), here:

1.	<input type="checkbox"/>	Select one you want to work on first
2.	<input type="checkbox"/>	
3.	<input type="checkbox"/>	

Produced and/or revised by the Area Behavioural Health (www.lttf.com) and the Area of Specialist Interventions (www.lttf.com)

8 Key Topics Covered

1. Losing track of your spending
2. Getting caught up in the excitement of buying things
3. Buying treats to make you feel better
4. Buying things because you feel you deserve them
5. Using possessions to demonstrate success to yourself or others
6. Buying things for others to gain love, affection, or approval
7. Having a strong compulsion to collect or possess something
8. Feeling driven to get things "just right"

We offer:

- The full book to help you get back in balance.
- A **self-directed online course**
- Want to try a **free downloadable worksheet** to identify the impact of these problem behaviours using a **Red–Amber–Green system** (Severe → Warning → OK).

[Download the free worksheet](#)

[or buy the book](#)

[Buy the online self-directed course](#)

A Thoughtful Christmas Gift – Give Life Skills for a New Year, New You

As Christmas approaches, we often look for gifts that show care and support. Why not choose something **personal and meaningful**—a resource that helps someone you know build confidence, tackle irritability, lift their mood, or simply feel happier every day?

Our **Living Life to the Full** range offers books and courses designed to make a real difference.



One of our most popular titles is:

10 Things to Make You Feel Happier Every Day

This positive, practical book is perfect for the festive season—full of ideas to boost wellbeing. It's an ideal gift for a colleague, friend, neighbour, or loved one.

What's inside?

Ten simple, evidence-based strategies to:

- Lift their mood
- Increase confidence
- Reduce stress
- Build positive habits that last

Pair this book with our **Living Life to the Full** online courses (free or paid options available) for a complete life skills package.

Order your copy today and give the gift of wellbeing

10% OFF

**any purchase at
www.lltff.com/shop before
10/12/25**

Be sure to enter code
[LLTTF10] at our shop checkout to
save!

BUY NOW

UPCOMING ONLINE TRAINING

25th November @ 4:30 pm - 5:00 pm

Focus on resources to help young people and parents live life to the full. Wednesday 25th November 2025 4.30-5.00pm UK time (Open to all) (FREE)



10th December @ 5:30 pm - 6:00 pm

Getting the most from the LLTTF online resources. Wednesday 10th December

2025 5.30-6.00pm UK time (Open to all)
(FREE)



14 January 2026 @ 5:30 pm - 6:00 pm

Getting the most from the LLTTF online resources Wednesday 14th January 2026
5.30-6.00pm UK time (Open to all) (FREE)



21 January 2026 @ 7.00 pm - 8:00 pm

Change your thinking to change your life.
Wednesday 21st January 2026 7.00-
8.00pm
(Open to all) (COSTED)



[SEE ALL UPCOMING TRAINING DATES HERE](#)

Finally, thank you for reading this newsletter. We really appreciate your interest in our work and we hope it proves helpful.

Chris, Donna, Karen, Kathryn, Kate, Kevin, and Theresa



Living Life to the Full | www.lltff.com



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