



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

February is the shortest month, but for me it seems like the longest, as we are in the depths of winter. I can't wait for Spring! The idea of the warmth of the sun, more daylight, and signs of flowers emerging from the frozen ground gives me hope. However, it's good to remember that we always have hope. We need to shift the focus onto things we can control. So, let's take this month to ponder our relationships. Valentines' Day often brings thoughts of our romantic relationships. The big business marketing of the candy and card businesses have us wrapped up in buying fancy chocolate and anything with hearts on it. In the past few years, I've taken this month as an opportunity to evaluate my other important relationships.

Reflect on your network of friends, family and professionals. Rate how you are doing with these relationships and if they need some work or re-evaluation. Ok, so you can't shove family to the curb. I happen to be fortunate enough to have an awesome and supportive family, so no worries for me there. They say your legacy is most impacted by the top 5-10 people you surround yourself with.

Reflection Questions:

Friends: Who do you need to spend more or less time with? Who provides you energy and helps you work on becoming a better version of yourself?

Family: Which relationships need a boost or focus this year? Maybe you have not paid attention to some loved ones as much as you would like. Schedule the time. You will not regret it.

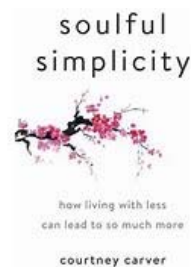
Professional Relationships:

Physical: Do you need more specialists? Evaluate how your primary care doctor is working out and what questions do you have to improve your health this year?

Financial: Is it time to hire a CPA? Is your financial advisor giving you value? When was the last time you spoke to your insurance broker to review your premiums and coverage (nudge from January's focus)? What about an accountability partner to help with some goals you are trying to reach?

Spiritual and Wellness:

Who is helping you stay mentally and spiritually fit? Take some time to meditate on this. Perhaps you need to introduce some new relationships here.



Join me later this month to connect over coffee for a discussion with our WWW friends on 2/23 at 8:30 AM. More details to follow.

This month I'm reading Soulful Simplicity. Would you want to read it with me? I'd love to share cliff notes with whomever joins me.

Stay warm and take care of yourself,
Elaine