



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Vacation - The dictionary defines as follows:

Noun:

1. An extended period of leisure and recreation, especially one spent away from home or in traveling.
2. The action of leaving something one previously occupied.

Verb:

1. Take a vacation.

I hope you have something planned this summer with close family or friends. It is great to see and hear stories of many families reuniting after a year of separation.



As you know my passion is to help people, especially women with financial literacy. Being a financial planner for 25 years, I often see people not have a budget for vacation yet act as if it is a mandatory expense even though they have no idea of the cost and whether they can afford it. I do believe it is important to schedule time for play; however, equally important is paying for it.

I have attached a great resource on the subject. Even if resources are tight, pay attention to the second definition above "of leaving something". If your budget is tight, create a staycation by turning off devices and removing yourself from work to invest time using your creativity or something new you wanted to explore locally.

If you do have extra \$\$ to plan a get-away, figure how much you estimate the total cost. And capture how it compares to years past vacations. Are you making more, or have you saved up for it? Be mindful with this potential budget buster.

Here is a great resource that comes with a free downloadable spreadsheet:

<https://www.doughroller.net/smart-spending/budgeting-family-travel/>

July Gathering! We hope to see you later this month! El Lunay with her pop up shop, **HERE.**, will be at the Annapolis Towne Centre later this month. We will have a happy hour on **Wednesday, July 28** to share some fun summer drinks as well as affordable entertaining ideas.



Have you seen these fabulous mixers that **HERE.** will feature in their Sunshine & Summertime pop-up?

These are a perfect complement to any spirit or alone as a non-alcoholic beverage - fun & yum for the whole family!

Sneak Peak: Here's the perfect summertime easy, breezy drink recipe featuring a CAnE mixer:

Passion Fruit Margarita

2 oz of your favorite Tequila or Mezcal
4 oz. CAnE's Passion Fruit Margarita Mix
Pour into your favorite glass over ice
Enjoy!

Have fun this summer! And make sure we practice what we preach to our kids all the time - hydrate and wear sunscreen! Cheers, Elaine