



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Where is this year going? Spring is an amazing time! A time to spring into action. A season that gets us moving. May provides us with many gifts to bring joy and reflection. Our Moms for one. Cherish the celebration you're a part of this month with loved ones, whether it's a graduation party, wedding, etc. Celebrate those who bring you joy! Capture that joy. It's good for your wellness and peace and makes you wealthy beyond measure.

Here's to our moms! And a special Thanks to my Mom as well (pictured)!



Motherhood: The hardest job in the world, but the best job in the world! Need a mood boost? Watch this inspirational video.

<https://youtu.be/tMjuGWEsRw>

Moms are changing the world one by one. I've watched a few Ted talks that have inspired and motivated me to take some actions within my own family. We can plant seeds to make change in our world over time. If we educate and empower Moms around the world, it will make all the difference. I pray for the women in Afghanistan and other countries that demote women. I admire their determination to keep focusing on being brave and courageous for longer term results by educating both their sons and daughters.

I am also grateful for so many moms that raised such brave and honorable young men and women that have given their lives selflessly defending our country in wars and battles of the past. Take some time for gratitude and thanks for these moms this Memorial Day.



Reflections:

1. Reflect on your mom and what lessons she has taught you.
2. What story or lessons can you pass on to other family members to plant seeds of springing forth positive change in the world?
3. Consider journaling or expressing your creativity in art, cooking etc. to experience these lessons and stories.

Take care of yourself,
Elaine

I'm behind on my reading, so I'm sharing a link to a popular Ted Talk recently about Moms shaping the world.

https://www.ted.com/talks/anna_malaika_tubbs_how_moms_shape_the_world

We'll try to connect in person next month. Stay tuned for details!