



# women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Like many of you, I'm grateful for so many things in my life. After much reading on the subject these past couple of years, I have come to realize gratefulness is a big part of wellness. There are many studies that support the idea that the practice of gratitude reduces anxiety. Some things are really that simple. We just get in the way of simple all too often. So, with that in mind, being on purpose and intentionally planning gratitude in your life will be a game changer.



Do you use a gratitude journal? The daily discipline is essential. I have a planner that gives me space each day to list out 3 things I am grateful for. It is just like exercise.... a habit to create and build into your life.

## Reflections:

1. Consider a daily gratitude journal to help reduce anxiety.
2. Write down 3 things that you can do for someone else by the end of the year outside of your family.
3. Block some time before the end of the year to be intentional of your 2022 planning and how you plan to live a life of gratitude and abundance.

With much gratitude,

Elaine

Not all of us can do great things. But we can do small things with great love." — Mother Teresa



Are you looking for a way to give back this month?

Leadership Anne Arundel is sponsoring their annual food drive through food collection on **November 20<sup>th</sup> 9:30am -2:30pm**. 14 Chambers Park, Annapolis.

It is so easy. You can drive your car in and hand off canned goods from your trunk, or you can put them in the bins.

The end of the year is a busy time of the year. Donating to neighbors in need is an easy way to help you realize the blessings in your own life.