



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Happy New Year! Welcome to the Women Wealth & Wellness community. As women we have so much to offer and share with one another. I'm excited you decided to give it a try. I started WWW a few years ago with some other lovely ladies where we got together in person, which was fun, but limiting in the sense of who could attend, arranging the meeting space details and getting busy women to carve the time out of schedules. 2020 presented most of us a time to reflect on what matters most, the importance of community and connection. Last year's landscape provided the space for some of us to get out of our comfort zone and channel creativity. Creating an on-line women's community is my way of getting out of my comfort zone and engaging with you to see how we can help each other become more healthy and wealthy (and I am not just talking about financial wealth although we will focus on that too).

2020 brought us headlines that invoked fear and scarcity. When we were shown images of community working together and people helping one another it made us feel good and took away those feelings. I am focusing this month on Abundance. We all have so much and when we come from a place of generosity and love it changes everything and things fall into place. Getting to that mindset takes daily work and often we have to be willing to prune or reduce certain things in our lifestyle to have the abundance mindset start to show up more regularly.

Reflection Questions

Where does scarcity thinking show up in your life?

What is one small area in your life that you could focus on trimming in order to have abundance show up?

What vision or image can help you stay focused on creating more freedom and abundance?

"Here" is my picture. I am working on creating freedom and abundance in my work environment. Reducing piles of old books and papers will help me create more space for creativity. I moved around my stand-up desk to promote more abundance for wellness. I say this to the community so I can be accountable.

Book I am reading: "The More of Less" by Joshua Becker focuses on keeping things simple and reducing "stuff." More freedom and abundance in one's life can show up by trimming out the unnecessary. Here are his top tips
<https://www.youtube.com/watch?v=Urlygyu9vGUps>:



"The key to overcoming our consumeristic tendencies is to deliberately peer into our blind spot and see what we have been ignoring."- Joshua Becker