

February flies by doesn't it? It's a short little month with lots of love and fun packed into 28 days. At the beginning of the month my daughter, Lara, and I went to Memphis for an Elvis weekend. This was her and her husband's birthday gift to me. It was a fabulous weekend full of alone time with my baby girl and all things Elvis!

Then she and I also attended a "Gals Night Out" hosted by a local artist and her business "Cornerstone Creations." We painted our own heart canvas and shopped. I won a door prize!

The Littles and I celebrated Valentine's day with yummy snacks and cute crafts. After school I got to love on my grand boys. I am so blessed to have so many sweet kiddos in my life.

Our grand boys spent a weekend with us while their parents were out of town. No pics, but lots of loud fun!

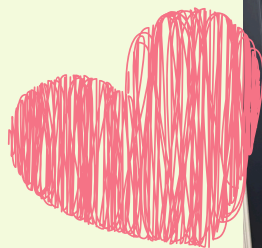
And lastly, I hosted my first "Made for More" seminar. I am so honored to have the opportunity to walk through life, and in particular, this health and wellness journey with some wonderful ladies.

And since this is a health and wellness newsletter I have to brag on my hubby. He has recently lost a little over 30 pounds and I could not be more proud of him if I tried.

## Life Lately



## Graceland Trip



## MY HUBBY



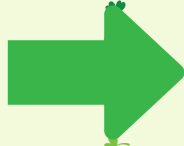
# HOLISTIC WELLNESS JOURNEY

Spring is a great time to focus on a little reset when it comes to our health and wellness journeys. This month we will concentrate on refreshing our journeys~body, mind, & soul.

## SPRING INTO WELLNESS

Try these ideas for a

### Body refresh



#### Embrace Seasonal Produce

Spring offers an abundance of fresh fruits and vegetables. Focus on eating seasonal produce like leafy greens, berries, asparagus, and artichokes. These foods are packed with nutrients and fiber, helping reset your digestion and support your overall health.

#### Hydrate with Infused Water

Hydration is key for a fresh start. Try infusing your water with fruits and herbs like cucumber, lemon, mint, or berries. This adds flavor without added sugar and boosts your hydration, helping with detoxification and digestion.

#### Celebrate Your Journey, Not Just the Destination

The path to health is a journey, not just a destination. Celebrate the learning experiences, challenges overcome, and personal growth along the way. This helps build a positive mindset, where each step is an achievement.

#### Release Negative Self-Talk

Pay attention to any negative self-talk or limiting beliefs that come up during your healthy journey. Challenge these thoughts by replacing them with affirmations or realistic statements. For example, instead of saying "I'll never get fit," say "Every small step counts towards my goals."

Here are some ideas for a

### Mindset refresh



#### Fast or Cleanse for Spiritual Clarity

Spiritual cleanses, whether through fasting, cleansing diets, or digital detoxes, can help clear mental and emotional clutter. These practices allow you to reset, refocus, and reconnect with your inner spirit and intentions.

#### Create a Sacred Space for Reflection

Dedicate a quiet, peaceful space in your home where you can engage in spiritual practices like prayer, meditation, or journaling. This space should promote peace and inspire you to slow down, reflect, and connect with your higher self.

Try these ideas for a

### Soul refresh





# Hello March!

Let's celebrate March with some National Food Days!

March 4  
National Pound Cake  
Day

4 Ingredient Pound Cake  
\*click picture for link to recipe



WW members check out this recipe



0 point Corned Beef & Cabbage  
with Red Potatoes

click the picture for the link to the recipe

March 11  
National Corned Beef  
& Cabbage Day

March 23  
National Chip & Dip  
Day



Cottage Cheese Corn Dip  
\*click picture  
for link to recipe

# Dub Dub Club

aka weight watchers

February brought tons of fun and celebrations for me. And while I am in the maintenance portion of my journey I still focus on keeping my weight within a certain range I have set for myself. I do weigh everyday which helps me keep a close eye on how well I am doing with maintaining. I still track my points daily and typically stay within my daily and weekly points budget. However, there have been weeks when I have gone over my budget. This makes it more important to me to attack the non-celebration days with purpose and intentionality.

I have proudly finished my first Step Bet of the year and my second month of having 10,000+ steps a day.

I finished my second book entitled *Mindset Is Your Superpower* by Allistair McCaw. This was a great book and very motivational. It was an easy read, but gave me lots to think about. I do recommend it if you are looking for a book to read.

## "2025 Challenges" ~body~mind~soul

### body

\*complete 3 step bets this year

### mind

\*learn 3 new things this year (how to crochet, how to hit a baseball, how to do creative lettering)

### soul

\*read 1 book a month ( self-help, inspirational, motivational)

For March, I want to continue getting 10,000+ steps per day, start book #3, and finally get out the yarn and learn to crochet.



## Monthly Challenge



### Mindful Mornings

Dedicate 5 minutes every morning in the month of March to a mindfulness practice. This could be meditation, deep breathing, journaling, or setting daily intentions. Focus on creating a calm and positive mindset for the day ahead.

## book of the month



In 2025 one of my goals is to read a book each month. This is my March selection. It's a practical guide to making decisions with clarity, peace, and courage by focusing on the next right thing. I ordered my copy from Amazon if you want to get a copy.



Interested in giving WW a try?  
Click on the logo and follow link.

# Living & Losing

## Coaching News!

During March I will spend time focusing on planning and preparing for the next “Made for More” event which will be held in April. I will continue to coach and add new clients.

I am also working to build my social media presence in order to better

I am offering a special that is only available to you, my newsletter subscribers. I am offering you a 20% discount on my coaching packages (excludes singe sessions).

If you wish to sign up for a package, email me and include the code “NEWSLETTER2025”

(all packages must be prepaid, discount will be taken off the total amount)

\*participants must be signed up for newsletter to redeem code

Visit my website for info about holistic wellness coaching packages.



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