



January was an exciting month! New year, new vision, new purpose. For months I have prayed and prepared for what I felt like God was calling me to do in this next chapter of my life. Little did I know when I started yet another "diet" in 2021 that I would be transformed body, mind, and soul and then feel called to help others do the same.

I will have to say I have struggled quiet a bit with feeling like an imposter, being afraid, doubting what God was calling me to do. However, all along the way He has confirmed to me that this is the path He wants me on at this time.

So as a result, I was honored to host the first ever "Made for More" event. There were 14 ladies in attendance. Some I knew and some I had never met. There were ladies from my small group at church, from my Weight Watchers workshops, some ladies brought friends, and some were followers on Instagram. I was overwhelmed and blessed to have been able to spend the night with such an awesome group of ladies.

With the help of my daughter we created "Made for More" merchandise to help spread the word that we are God's masterpieces. Merch will soon be available on my website, so check it out.

What a month January was!

Life Lately

LET'S EAT



NEW FRIENDS



WW FRIENDS

SMALL GROUP FRIENDS



SESSION TIME



LITTLES' MOMS & GRANDMOM

HOLISTIC WELLNESS JOURNEY

As we step into February, a month often associated with love and reflection, it's a perfect time to embrace mindfulness as a way to nurture our inner peace and strengthen our connection to ourselves. Mindfulness invites us to slow down, tune into the present moment, and cultivate a deeper sense of awareness in everything we do. Whether its through intentional breathing, being present with loved ones, or simply having a quiet meal in order to slow down and pay full attention to the experience of eating, this month offers a unique opportunity to center ourselves and practice self-compassion. By weaving mindfulness into our daily routines, we can create space for emotional healing, clarity, and greater well-being throughout the month.

MINDFULNESS



- *create a calm eating environment~clear all distractions
- *engage your senses~looking at your food, notice the colors, textures, and aromas
- *chew slowly and fully~take small bites, chew thoroughly, savoring each mouthful
- *tune into your hunger and fullness~ask yourself how hungry you truly are and then check in periodically

*focus on the present moment~when your mind wanders to past regrets or future worries, gently guide your focus back to the present moment by engaging your senses in what you see, hear, smell, and can touch that is near you

*practice thought stopping~when you notice negative or unproductive thoughts, practice mentally saying “stop” or visualize a stop sign, then redirect your attention to something positive

*practice gratitude for your thoughts~ even negative or difficult thoughts can be an opportunity for growth. Try to shift your perspective by acknowledging them with gratitude for the lesson they might be offering, whether it's an invitation to heal or a reminder to stay present



- *mindful prayer~set aside time each day to pray with full attention. Focus on each word and phrase, being intentional about communicating with God.
- *walking meditation~take a walk in nature, fully present to God's creation
- *breathing prayers~ integrate mindful breathing with prayer, using the rhythm of your breath to deepen your connection to God
- *silence and stillness~create space for stillness in your day, allowing time for God's voice to be heard

♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

Hello February

We can enjoy Valentine's Day and stay on our health journey.

FEBRUARY 14

M *dinner*

Perfect Filet Mignon Dinner
for 2

Skinny Taste shows us how to
make the perfect filet
click picture for link



E *drink*



Wine Spritzer
A drink for dinner that
won't break the bank.
click picture for link

N

U *dessert*

WW members check out this recipe



*Frozen Raspberry-Chocolate
Cookie*

click the picture for the link to the recipe

VALENTINE'S
DAY

Dub Dub Club

aka weight watchers

Overall, January has been a month of focus for me. I have focused on maintaining my weight loss, hitting my Step Bet goals, and watching portions.

Maintenance is a whole beast all its own. In the past, after losing weight, I would go back to my old eating habits. I am into my second year at goal weight and while it is getting easier there can still be days when I struggle with overeating, even binging sometimes. Recently, I have had to work on a plan of action when I feel myself wanting to binge. One big tool in my toolkit is to reach out to my accountability partner. If you don't have one, let me encourage you to find one. Their support and encouragement are invaluable.

One of my goals this year is to complete 3 Step Bets. I started my first one on Jan. 1. Since then I have started a 10,000 + steps a day streak. Streaks are almost addictive, aren't they?!?

I'm also learning to eat smaller portions. I use a smaller plate and start with less. If, in the past, I ate a cup of something, I now start with a half of a cup. Or I choose to skip the chips and just have a sandwich. I can always go back for more if I am truly hungry.

I am on track with my reading goal and have finished my first book of 2025.

I haven't started learning something new yet, but I have the yarn ready for my first crocheting attempt.

"2025 Challenges" ~body~mind~soul

body

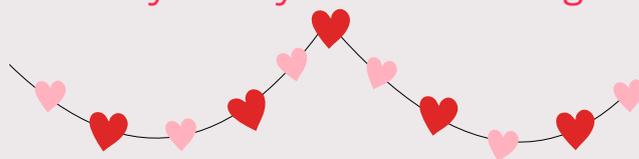
*complete 3 step bets this year

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)



One of my favorite products:

This is so good!
1 cup is only 4 points.
Super filling and so easy!

Monthly Challenge

Act of Kindness Challenge

Perform 1 small act of kindness each day (compliment someone, help a neighbor, donate to charity, etc.)



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

Living & Losing

Coaching News!

In the month of February, “Made for More” will host 2 seminars, one in-person and one virtual. Seminars will focus on one particular topic and will be a time to focus intently on that one area of our health journey.

This month’s seminar will focus on taking our own personal schedules, family needs, etc and creating a plan for holistic wellness. I will provide templates and assistance in creating a healthy “for you & yours” plan.

So many times we want to make healthy changes, but don’t know where to start. Tickets for the in-person event are \$20 and for the virtual event are \$15.

Contact me to reserve your spot.

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 single 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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