

JANUARY 2010

Dedicated to Mothers who use reasoning power, intelligence, mental soundness, resourcefulness, ingenuity and quickness to help navigate them through motherhood.



MOTHER WIT

Celebrate January!

National Hot Tea Month

Organize Your House Day 1/4

National Volunteer Day 1/14

National Nothing Day 1/16

Polka Dot Day 1/22

National Pie Day 1/23

National Puzzle Day 1/29

Inspire Your Art with Art Day 1/31

*Wish It !
Dream It !
Do It !*

It's 2010- It's a New Year!

My prayer for you is that.....

- ◆ You won't worry about the future or agonize over the past.
- ◆ You'll allow yourself time every day for something you enjoy.
- ◆ You'll be able to catch a glimpse of the light that lies ahead of any dark days.
- ◆ You'll find a reason to laugh at least once a day
- ◆ You will sleep well at night, knowing that God holds your life in His hands.

You do know that this will be one of our best years ever, right?

Happy New Year!!!!

It's 2010-Get Organized

1. Clear the Decks! De-Decorate from Christmas, return your returns, bask in the glow of the holidays past for a moment and move on.
2. Visualize yourself on this day in one year. How do you look and feel? Now, go through your kitchen and donate or purge all the unhealthy holiday food and anything else that won't help you reach that ideal you.
3. Visualize that New You again, and do the same thing in your bathroom. Old makeup, expired medicines or products need to go, as do most items more than one year old. Your health is important, stay current on your health and beauty items.
4. Purge and shred all the receipts (except for major purchases) in your home dated before January 1, 2009. Set up a new receipt keeping system for 2010: 12 envelopes, one for each month, in an easy-to-access location. Stash all receipts there, and purge last year's monthly receipts at the beginning of each month (Example, purge January 2009 to prepare for January, 2010).
5. Cancel all the catalogs that come unbidden to your home, either by calling the contact number or visiting www.catalogchoice.org and opting out.

Submitted by M. Colleen Klimczak

Organizing for Your Peace of Mind (www.PeaceOfMindPO.com)

In the Spotlight

Full Name: **LaTreese B**
 Current Residence: **Illinois**
 Family Includes: **Husband and 2 kids**
 Birthday: **July**
 Favorite Color: **Brown**
 Favorite Room in Your House: **Living Room**
 What television show do you regularly watch: **Desperate House Wives**
 If you could afford it at this moment you would buy: **A new house**
 Do you typically make New Year's resolutions: **No**
 Would you rather learn how to water ski or snow ski: **Water Ski**
 Favorite dessert: **Chocolate/ Chocolate Cake**
 Favorite Restaurant: **Grand Lux Cafe**
 Favorite childhood cartoon: **Flintstones**
 Favorite type of music: **Gospel**
 What would be a dream job for you: **Owning a coffee shop**
 It's time for vacation, where would you choose to go: **Hawaii**
 Favorite time of the day and why: **Morning. Its a new day, my mind is fresh and I'm ready for that first cup of coffee..umm mmm good.**
 Which would you prefer to visit-art gallery, museum, zoo: **Museum**



On the way to preschool a doctor let his daughter look at his stethoscope. His little daughter picked it up and began playing with it. This thrilled the doctor as he thought, *Perhaps one day she will follow in my footsteps and become a doctor.*

But then he heard her as she spoke into the instrument, "Welcome to McDonald's. May I take your order?"

Start something. Put one foot in front of the other and inch forward ever so slightly. Show up. Say *Hello* and begin a conversation. Ask *Says who?* And begin a revolution. Write one sentence and begin your novel. Begin again, this time in a different key, at a different tempo. Begin putting yourself first. Begin enjoying it. Begin a reading group and focus on women who made bold new beginnings. Begin a new way of eating, a new way of moving, a new way of getting your needs met. Begin as soon as you finish reading this. Begin at the beginning and don't even think about where it will take you. Now begin!

BEGIN

365 Words of Well-Being for Women
 by Rachel Snyder

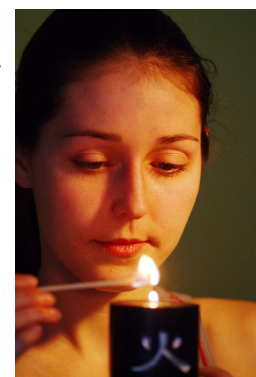
**If you are willing, great things are possible to you.

Grenville Kleiser

Top 10 Self-Care Tips for Moms for the New Year

By Amber Rosenberg

1. Fill your own cup
2. Give yourself time to adjust
3. Reclaim your mind space
4. Allow interests to surface
5. Express your creativity
6. Take small spiritual retreats
7. Use family teamwork
8. Build your support network
9. Keep investing in yourself
10. Stay open to the world



Amber Rosenberg is a professional life coach for working mothers. She is a working mother herself and is passionate about helping mothers actively choose how they want to spend their time.

Visit www.workingmotherscoach.com to sign up for the working mothers FREE quarterly e-newsletter for tips on how to create a more fulfilling personal and professional life.

Kid's Corner



Qualities To Pass On To Your Children

- Determination..... “Stick with it, regardless”
- Honesty..... “Speak and live the truth-always”
- Responsibility..... “Be dependable, be trustworthy”
- Thoughtfulness... “Think of others before yourself”
- Punctuality..... “Be on time.”
- Self-Control..... “When under stress, stay calm”
- Patience.... “Fight irritability. Be willing to wait”
- Purity... “Reject anything that lowers your standards”
- Compassion... “When another hurts, feel it with him”

Charles Swindoll



Everyone has inside himself a piece of good news!

The good news is that you really don't know how great you can be, how much you can love, what you can accomplish and what your potential is.

It's a New Year, it's time to share the greatness that is within you!!

Minding Her Business

A look at Moms who run their own businesses.

Introducing Heather Ledebor



MW: What is the name of your business?

Heather: The name of my business is *Mom 4 Life*, my website address is www.mom4life.com.

MW: When and where was it started?

Heather: I started the business in 2003 in Idaho.

MW: What type of business is Mom 4 Life?

Heather: Mom 4 Life offers unique and useful Mom invented products online with free shipping!

MW: Why did you start this particular business:

Heather: “I am passionate about helping others and love being a Mom. Helping Moms was a logical fit. Doing Mom 4 Life I am able to help out the Mom inventors by offering their product to others and help them reach their goals. In addition, we donate 10% of our profits to help Moms in need. Lastly, I am able to continue enjoying my kids as a stay at home Mom!”

MW: What piece of advice can you share with other Moms who may want to start a business?

Heather: “To determine what your goals are, where your priorities lie and then organize your life and business around those things. Doing this will keep your focus sharp and make sure that your priorities stay intact. “

It's 2010-Get Healthy

- ◆ Eat more healthy fats. The average American needs more Omega-3s and should also be consuming more heart healthy unsaturated fats.
- ◆ Cook a new type of whole grain each month. Choose from many varieties of quinoa, barley, oats, bran, flaxseed, kamut, rye and spelt.
- ◆ Cook with one new spice each week. Start with your own spice rack, choose a spice you've never cooked with and find a recipe to try.
- ◆ Aim for 5-9 servings of fruits and vegetables each day. Get going this year by adding more fruits and veggies to your diet.

(www.sparkpeople.com)

Submitted by Eileen C.

RD, LD, CPT

Registered Dietitian