



# MOTHER WIT

## CELEBRATE July!

- ◇ National Ice-Cream Month
- ◇ National Picnic Month

## CELEBRATE August !

- ◇ National Watermelon Month
- ◇ Don't Wait-Celebrate! Week 8/8-8/14
- ◇ National Relaxation Day 8/15
- ◇ Touch a Heart Tuesday 8/31

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do.

So throw off the bowlines.

Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore. Dream. Discover.



Be Positive  
Expect Success  
Believe in yourself



## Don't Wait-Celebrate!!

The more you praise and celebrate your life, the more there is in life to celebrate.

— Oprah Winfrey



Don't wait for your birthday, your promotion, for the last 10 pounds you are trying to lose. Don't wait for the client that you have been trying to woo. Don't wait for the new house, the new car or even the new dress.

### Start on a Sunday and celebrate for an entire week:

**Monday-** Celebrate the person you are right now. Yes, we all have some areas in our personalities that we need to work on, but for now just jot down words that describe you and how wonderful you are- funny, loyal, creative, focused,.....

**Tuesday-** Celebrate the person you will become. We all have goals for ourselves. Write down how you visualize yourself next year this time-more patient, more thankful, more upbeat, less stressed.....

**Wednesday-** Celebrate your spouse. Let him know how blessed you feel that he is in your life. Jot down the great things about him and give him the list.

**Thursday-** Celebrate your children. Tell them how wonderful they are and how grateful you are that they are in your life. Write them a note or give them a card telling them.

**Friday-** Celebrate your family-your Mom, your Dad, your siblings. Do they know how important they are to you?

**Saturday-** Celebrate your friends. Isn't it wonderful to have great friends? Friends who make you laugh, friends who listen to you and who won't judge you, friends who encourage you and your dreams.. Write them a note, give them a call, send them a text....

Start your celebrating today, don't wait!!!

## In the Spotlight

**Name:** Rochelle

**Family Includes:** Husband, 2 year old daughter, 2 Parakeets - Rocky and Tweety, and a Beta Fish named Nemo

**Birthdate:** March 7, (19 Sixty-Something) Okay, 1967

**Current Residence:** Chicago, Illinois

**Favorite Color:** Purple

**Favorite Dessert:** German Chocolate Cake (A close second is my friend, Alpha's Banana Pudding)

**Favorite Room in Your House:** Bedroom

**Favorite Breakfast Food:** Waffles

**Given the opportunity which would you rather play with-Rock Band or an Orchestra** - No question, the Rock Band!

**Last Good Book you read:** The Secret

**What foreign country would you like to visit:** South Africa

**Favorite time of the day:** Evenings

**Would you rather laugh or make others laugh:**  
Make others laugh

**If you had to choose which network would you prefer to have your own television show on: HGTV, Food Network, or MTV:** HGTV (although I don't have many creative bones in my body, I love watching others be creative so I would be the producer!)

**If you could have one free service in your home each day, what would you choose:** Housekeeper/cleaner

**What do you see from your bedroom window:** Trees and other buildings that are part of my Association Complex

**Would you ride 150 mph in a race car:** Absolutely not in a race car, but maybe on a roller coaster!

**Favorite flower:** Birds of Paradise!

# Celebrate!

Celebrate anything you want. Celebrate the start of something, the end of something. If you're still going after five years or ten years or twenty-five years, celebrate. String paper chains and hand-deliver invitations and bake a cake and break out the good stuff. Celebrate! Dance and sing, give speeches, take pictures, finger paint, play word games and cut out cookies with sprinkles. Unfurl flags and spread torn quilts on the lawn and squeeze your own lemonade and bake a pie. Celebrate all the old holidays, and dream up a whole new batch of your own. Celebrate early, celebrate late, and celebrate often. Celebrate!!!

365 Words of Well-Being for Women

*You are something else!*

Anybody can bring a child into this world, but it takes somebody special to raise a child right, to show them the power of love, to teach them to walk with pride. It takes someone like you.



Count your blessings!!!

The kindergarten class had settled down to its coloring books. Jonathon raised his hand and said, "Miss Franklin, I ain't got no crayons."

"Jonathon," Miss Franklin said, "you mean, 'I don't have any crayons. You don't have any crayons. We don't have any crayons. They don't have any crayons.'"

"Well," said Jonathon, "what happened to all the crayons?"



## 8 Sure-Fire Ways to Raise Delinquent Children

- ◇ Begin from infancy to give the child everything he wants. In this way he will grow up to believe the world owes him a living.
- ◇ When he picks up bad words, This will make him think he's cute. It will also encourage him to pick up "cute" phrases that will blow the top off of your head later.
- ◇ Never give him any spiritual training. Wait till he is twenty-one and let him "decide for himself".
- ◇ Avoid use of the word "wrong". She may develop a guilt complex. This will condition her to believe that society is against her, and that she is being persecuted.
- ◇ Pick up everything she leaves lying around (books, shoes, clothing). Do everything for her so she will be experienced in throwing all responsibility onto others.
- ◇ Give a child all the spending money he wants. Never let him earn his own. Why should he have things as tough as you had them?
- ◇ Take her side against neighbors, teachers, and policemen. They are prejudiced against your child.
- ◇ When he gets into real trouble, apologize for yourself by saying, "I never could do anything with him."

-unknown

## Kid's Corner



Be new and improved.  
Thing BIG  
Listen to your heart  
Make a difference  
Be a friend  
Find your passion

### Your To Do List

- ◆ *Learn to bake a peach cobbler*
- ◆ *Go for a bike ride*
- ◆ *Run through your lawn sprinkler*
- ◆ *Play hopscotch*
- ◆ *Learn to do the Hula Hoop*

A Look at Moms Who Run Their Own Businesses

### **Introducing Amber Rosenberg, Professional Life Coach for Moms**

*(<http://www.workingmotherscoach.com>)*



**MW:** What do you do as a life coach for moms?

**AR:** I work one-on-one with mothers to help them manage guilt and stress and re-define success on their own terms.

**MW:** Why did you choose this type of business?

**AR:** I chose this business because I really wanted to make a difference in people's lives and knew that life coaching would be incredibly fulfilling. I also knew that coaching would allow me the flexibility to spend quality time raising my kids.

**MW:** What do you like most about running your own business?

**AR:** In my opinion, owning a home-based business is the best of all worlds as a working parent. It allows me the flexibility to spend lots of time with my two young children old *and* allows me to focus on a career for which I'm passionate.

**MW:** What is the most rewarding aspect of being a life coach for moms?

**AR:** Coaching allows me to connect with a dynamic and diverse group of interesting people all over the globe, every working day. It also provides the freedom to work flexible hours and to spend ample quality time with my family. Last, but not least, it also allows me to continue to learn and grow, and keeps me in a professional community of open, like-minded people.