



MOTHER WIT

CELEBRATE MARCH !

- American Chocolate Week 3/15-20
- National Clutter Awareness Week 3/22-27
- Absolutely Incredible Kid Day 3/18
- Big Bird's Birthday 3/20
- World Poetry Day 3/21
- National Teenager's Day 3/21
- National Goof Off Day 3/22
- Make Your Own Holiday 3/26
- Children's Picture Book Day 3/28

"You Will Break The Bow If You Always Keep It Bent"

Old Greek Moto

Sometimes I sit back and reminisce about times when life was not so complicated. I often think of my college days when my only worry was, which pair of jeans I should wear to class. I'm sure that you will agree that life is a bit more complicated now that we are "grown". Our "BOW" is probably bent most of the time because of the hectic and stressful life we must lead- we are families torn in so many different directions. We exist on microwave or fast food dinners, tight schedules, strained relationships, too little sleep, financial setbacks, fear of sickness or safety for ourselves and our loved ones, materialism, demanding bosses, unemployment or fear of downsizing and the list can go on and on and on....

However, we can find relief:

"God of peace, we long to be more like You in our everyday life, but we are so different.

You are calm and patient; we are often in a hurry, irritable.








You are free from worry; we are frequently in its grip.

You are stable, reliable and gracious; we ricochet from peace to panic. Help us to be more like You!!!!"

You are the
artist
and your
life is
your work
of art.



Indulge in a Little Chocolate Therapy

-  **If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.**
-  Chocolate covered raisins, cherries, orange slices & strawberries all count as fruit, so eat as many as you want.
-  **Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.**
-  Chocolate in the morning is what helps Moms get through their day!
-  **All Chocolate provides information on understanding, enjoying, cooking and even the health benefits of chocolate. (<http://www.allchocolate.com/>)**
-  *The Merry Chocoholic* provides ideas on how to create and host an affordable, yet classy, chocolate spa party at home using some of their tips and ideas. Gather up your chocoholic friends and enjoy!
-  (<http://www.themerrychocoholic.com/chocolatespaparty.html>)

In the Spotlight

Name: Amy

Family Includes: Husband, 2 Daughters

Lives in: Illinois

Favorite Color: Purple

Favorite Dessert: Hot apple pie and ice cream

Would you prefer to swim in a swimming pool or the ocean: The ocean

Favorite Room in Your House: The kitchen, there is always so much activity going on there

Which would you choose to be on: American Idol or Dancing with the Stars: Dancing with the Stars

Hobby: Photography

If you had the choice, which would you choose- Lead singer in an all female group or a Conductor in an orchestra: Lead singer in an all female group

Favorite Holiday: Memorial Day, Labor Day, 4th of July, I love outdoor cooking and eating.

Favorite television show: Criminal Minds,

Favorite Day of the Week: Friday, I get to stay up late

Favorite Magazine: Real Simple

Pepsi or Sprite: Definitely Sprite

Which would you like to be a part of: The View's Hot Topic segment or Oprah's Friday Live Show: The View

THRIVE

Once you get past survive, move on up to thrive. Figure out what it takes for you to be radiant-and see that you get as much as you need. Thrive on attention (most of us do!); thrive on challenge. If you don't thrive in the city, move to the gulf; if you don't thrive there, move to the desert or the mountains or the equator. Thrive on physical activity; thrive on peace and quiet. Fill yourself up with the perfect customized blend of nourishment, and become your most brilliant and beautiful self. Glow with good health, exude good cheer, and watch good fortune rain upon you. Thrive on the joy of being alive. Thrive on home cooking, on the love of a growing circle of friends. Surround yourself with thriving, vibrant women, and soak up the energy that will help you thrive.

365 Words of Well-Being for Women
by Rachel Snyder

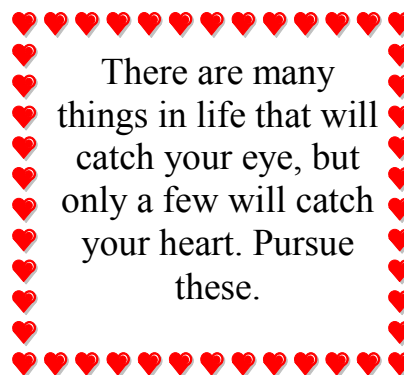
Every woman should know:

- ◆ How to give herself a compliment for work well done
- ◆ How to laugh at mistakes-after the tears dry
- ◆ How to play
- ◆ At least one friend who is supportive and has a healthy attitude towards life



A kind woman watched a small boy as he tried to reach the doorbell of a house.

Thinking she should help, she walked up to the doorbell and rang it for him. "Okay, what now?" the woman asked the boy. "Run like crazy," he answered. "That's what I'm gonna do!"



Kid's Corner



10 Commitments Kids Can Make

1. I will not hit.
2. I will not keep secrets.
3. I will not lie.
4. I will not use bad language.
5. I will not use drugs, and if I know somebody who is using drugs, I'll try to help them.
6. I will treat others with respect.
7. If I make a mess, I'll clean it up.
8. I'll pick up my clothes and keep my room neat.
9. I'll talk to Mom and Dad about my problems.
10. I'll do my homework before I go out to play.

Greg Cynaumon, PhD

Minding Her Business

A look at Moms who run their own businesses.

Introducing Annie Pinsker-Brown



MW: Why did you choose the business **Stage to Sell**? When did you start the business and where is it located?

Annie: "I fell into 'Staging' in 2004 when my oldest was about 16 months old. I had been watching a lot of the shows on HGTV about Staging. Then my mom decided to try to sell her home in the Valley to move closer to us on the west side. She asked me to Stage it for her, so I did. At the open house, all the agents and buyers kept saying, "This house shows beautifully! Did you have it Staged?" I said that I had Staged it and they began asking for my business card. Of course I didn't HAVE any business cards, but I politely said I had just ran out. Then I ran home and immediately began researching Staging on the Internet. I found a 2-day training course that was being given in the Bay Area, which I signed up for on the spot. The week I returned from that training, I got my first client...from one of the Realtors who had been at my Mom's open house! I am based out of my home office in Culver City, but I work all over Los Angeles.

MW: What challenges do you face with your business?

Annie: "The biggest challenge is that there are never enough hours in the work day to complete what I need to. I had 2 people working almost full time for me. Though it helped somewhat, I found I wasn't making any money since most of it was going out in salaries. Now I've trimmed back to one part-time assistant and one bookkeeper who comes in once a week. So I end up working a lot once the kids are in bed, mostly doing estimates, contracts, design boards and other paperwork."

MW: What is the most rewarding aspect of owning **Stage to Sell**?

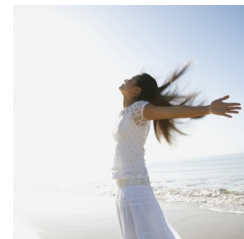
Annie: "The joy and satisfaction I get when I hear that one of my Staged properties has sold QUICKLY and for over asking! Another wonderful thing is that finally, after doing this for about 5-1/2 years, my name is really out there. People know me and my work and I have a great reputation for high quality affordable work."

MW: One piece of advice you can provide for a Mom who may be considering starting her own business.

Annie: "If you can, wait until your youngest is over a year old before you launch your business. Make sure you have great, quality child care AND a backup in case your nanny or caretaker is sick or absent. I am BEYOND lucky to have a very supportive husband and 3 AMAZING grandparents all nearby. Don't believe the hype about how having your own business means making your own hours. The truth is that owning your own business is MUCH more than a 40 hour/week job. Get help! If you didn't go to business school (which I definitely did NOT), you will eventually find yourself at the point where you are a CEO of your own company with absolutely NO business training."

Lift up your eyes. The heavenly Father waits to bless you— in inconceivable ways to make your life what you never dreamed it could be.

Anne Ortlund



March's To Do List

- ◆ Sing a song out loud
- ◆ Buy yourself some new slippers
- ◆ Invest in kindness
- ◆ Start your morning with good cheer
- ◆ Spend some time looking through old photos
- ◆ Make a list of the good friends you've had in your life
- ◆ *Eat some chocolate!!!*