



MOTHER WIT



Bless the Day

“Now when I awaken and before I even open my eyes, I thank the bed for a good night’s sleep. After all, we have spent the whole night together in comfort. Then with my eyes still closed, I spend about ten minutes just being thankful for all of the good in my life. I program my day a bit, affirming that everything will go well and that I will enjoy it all.”
-Louise Hay

I must admit that there are times when I wake up in the morning and am pretty much overwhelmed before the day even gets started. I wake up with my “to-do” list already crowding my thoughts and sometimes I even wake up already stressed out because of some situation that needs to be handled that day. Well, I know I need to adjust and change my attitude.

How about you? What are your first thoughts when you wake up in the morning? Do you automatically think that it’s going to be a great day or do you wake up stressed and overwhelmed?

With Thanksgiving Day approaching this is a great time to change our outlook for each day. We can take the time each morning to thank God for the day and to be thankful for the good things in our life, and maybe even for the not so good things. We can “Bless Our Day” by “affirming that everything will go well and that we will enjoy it all”.

Don’t forget: God has something new for you every day. He delights in you and loves to surprise you with good things.

Embrace the wonder and excitement each day brings,

For tomorrow affords us new opportunities:

Time to experience

Time to create

Time to reflect

Time to dream

CELEBRATE THE DAYS

NOVEMBER 2009

National Family Literacy Day 11/1 • National Sandwich Day 11/3 National Doughnut

Day 11/5 • National Teddy Bear Day 11/14

America Recycles Day 11/15

Homemade Bread Day 11/17 • Thanksgiving 11/26



In the Spotlight

Full Name: Alicia
Current Residence: Illinois
Family Includes: Husband, 2 Sons
Favorite Color: Pink
Favorite Room In Your House: My bedroom
Favorite Dessert: Sweet potato pie
Favorite Breakfast Food: Pancakes
Would you rather browse through: Borders, Hobby Lobby, Bed, Bath & Beyond or Carson Pirie Scott: Bed, Bath & Beyond
Given the opportunity which would you rather be in-a reality show or a game show: Game show
Last Good Movie you Saw: My Sister's Keeper
What foreign country would you like to visit: Italy
Favorite time of the day: Morning
What are 2 things that you are most thankful for: My life and my family
Room With A View-If you had your wish what view would you like to see outside your living room window: A garden full of beautiful flowers
Favorite Holiday: Christmas



A four-year-old boy was asked to pray before dinner. The family members bowed their heads. He began his prayer thanking God for all his friends and family members. Then he began to thank God for the food. He gave thanks for the chicken, the mashed potatoes, the fruit salad, and even the milk. Then he paused and everyone waited.

After a long silence, the little boy opened one eye, looked at his mother, and asked, "If I thank God for the broccoli, won't he know that I'm lying?"

ENJOY

Find the joy in everything you do. Even if it's only a sliver. Enjoy making a peanut butter and jelly sandwich. Then enjoy eating it, taking small bites and licking your teeth with your tongue. Enjoy washing the knife, feeling the warm water run over your fingers. Enjoy spending time with people or stop the charade at once. When you have five free minutes, spend them in joy. Drop one major stressor in your life, and enjoy the freedom that brings. Be seven minutes late to a lunch date or a breakfast meeting and secretly enjoy being tardy. Enjoy messing up now and then. Enjoy being "in joy". Go for a joyride and spread joy throughout the countryside. As you give joy, you will live joy.

365 Words of Well-Being for Women by Rachel Snyder

Celebrate Thanksgiving!

- ◆ Make a list of things you are grateful for. Make a commitment to add something to your list each day.
- ◆ Invite a senior citizen who may have to eat alone over to enjoy Thanksgiving dinner with you and your family.
- ◆ Contact a shelter before Thanksgiving Day to see what you can do to help them prepare for the holiday.



More Magnificent Moms

Lisa Harrell owner of Cambridge Commercial Facilities Maintenance (<http://www.ccfminc.com/>) has formed a non-profit arm of the business. The non-profit named **Why Not Party with a Purpose** is dedicated to the capacity building of Pembroke, Illinois.



Kimberley Clayton Blaine also known as the Go-To-Mom (<http://www.thegotomom.com/>) announces the release of her new book: "**The Internet Mommy: Inspiring Interviews and Stories from Mothers Who Work and Play Online.**" The popular parenting expert-turned-author is exploring how social networks influence the way online moms make money, view life, find friends and raise kids in today's digital world.



Parent-Teacher Conferences

- ◆ Before the conference talk to your child about his/her school experience this year.
- ◆ Before the conference jot down notes about things you want to ask the teacher.
- ◆ Begin the conference with a positive attitude even if you do have some concerns about your child's experience with the teacher and/or classmates.
- ◆ Ask your most important questions first just in case you run out of time.
- ◆ End the conference with an action plan for your child, yourself and the teacher.

For more info visit: http://www.newsforparents.org/expert_parent_teacher_conferences.html

4 Tips for Raising Thankful/Grateful Children

- ◆ Let your children see you being thankful.
- ◆ Make sure your children write thank you notes to those who have given them gifts.
- ◆ At the end of the day have your child tell you 2 things they were grateful for that day
- ◆ Encourage your children to say "Thank you" to people they come in contact with during the day-store clerks, school staff, bus driver, friends, etc.

Minding Her Business

A look at Moms who run their own businesses.

Nina Rodecker started Tasty Clouds Cotton Candy Company, www.tastyclouds.com, located in West Los Angeles, California in March 2008.



MW: What type of business is Tasty Clouds Cotton Candy Company?

Nina: "Tasty Clouds Cotton Candy Company specializes in catered cotton candy and snow cone services. We bring our cart and machine, and an attendant will make and serve the cones for you. Clients don't need to worry how to operate the machine or how to spin a cotton candy as we do it for them. We have recently expanded and now also offer caramel apples. In addition to our catered service package, we also offer a machine-only rental package, as well as pickup and delivery for cotton candy."

MW: Why did you choose this business ?

Nina: "I started this business after having a pregnancy craving for cotton candy. When I could not find any in my area, I researched all I could about it, and had the company up and running 3 weeks later. Immediately upon working my first event, I discovered the joy of making people smile as they reminisce about their childhood with cotton candy, and that has been what continues to drive us today."

MW: One piece of advice you would have for a Mom who may be interested in starting her own business:

Nina: "Always remember family comes first. Juggling a baby and a new business can be challenging, but if you're willing to come up some creative solutions and put in the hard work, it can be very rewarding. If you are committed to something, you accept no excuses, only results."

Praise the children and they will blossom.

Irish Proverb

In every child is the ability to accomplish something great. All they need is a loving push.

November's To Do List

- ◆ *Recognize your magnificence*
- ◆ *Appreciate this present moment*
- ◆ *Say "Thank you" as much as possible*
- ◆ *Compliment a stranger*
- ◆ *Expect the best*
- ◆ *Do nothing for a while*
- ◆ *Pick your mood*