



# MOTHER WIT



**You Are  
Here  
To  
Enrich  
the  
World!**

Woodrow Wilson

## Where Are You?

**B**ack in June we discussed our first 100 days of 2009, just as President Obama had celebrated his first 100 days in office. Although the 100 day mark had passed we were still challenged to celebrate our own success and to make some goals for the next 100 days.

Note: I can report that I did stop biting my fingernails and they do look quite lovely (smile). My other goal was to stop drinking Pepsi, which I did as well. What about you? What goals did you set for yourself? Did you accomplish your goals?

Well, believe it or not, we have less than 100 days left until the end of 2009, but we still have time to set and even accomplish some goals.

- ◆ What will it take for you to feel that 2009 was a successful year?
- ◆ What is stopping you from accomplishing your goals?
- ◆ Do you have an action plan?
- ◆ Do you have someone who is cheering you on?

**Homework Assignment:** Amber Rosenberg is a professional life coach who helps high-achieving working mothers manage guilt and stress and re-define success on their own terms. Visit Amber's website and read her article- "How to Re-Define Success as a Working Mother".

<http://www.workingmotherscoach.com/newsroom/index.html#past>.

Whether you work outside of your home or are a stay-at-home mom, her website and this article will provide great information to help you end 2009 with a bang.



## CELEBRATE THE DAYS

### OCTOBER 2009

National Pasta Month • National Apple Month • National Pizza Month  
 Eat Better/Eat Together Month • Breast Cancer Awareness Month  
 Get Organized Week (10/4-10/10)  
 Teen Read Week (10/11-10/17) • Boost Your Brain Day 10/18  
 Make a Difference Day (10/24)



## In the Spotlight

Name: **Grace**

Birthdate: **February**

Family Includes: **Husband, 2 Sons, 2 Daughters**

Current Residence: **California**

Favorite Color: **Dark Blue and Chocolate Brown**

Favorite Fruit: **Fuji apples**

Favorite Magazine: **Real Simple**

Favorite Breakfast Food: **Oatmeal**

Favorite Restaurant: **Balthazar in Manhattan and Gary Danko in San Francisco**

Last good movie you saw: **"Up"**

Which would you prefer: Sitting on the deck on a warm summer day or sitting in front of a blazing fireplace on a cold winter day: **Sitting on the deck on a warm sunny day**

Hobbies: **Family time, Traveling, Going to the movies, Shopping!**

Would you rather listen to an all news station or an all music station: **All music station**

You've been presented with an airline ticket and you can fly to any destination in the world. Where would you choose to go? **Maui with my family**

Favorite holiday: **Thanksgiving**

Favorite time of the day: **Early morning**

Do you prefer to talk with people by phone, in person or via e-mail: **In person**

**A** mother came inside after gardening and found a big hole in the middle of the pie she had made earlier that morning. She found a gooey spoon lying in the sink and crumbs all over the floor.

She went to find her son. "David," she said, "you promised me that you wouldn't touch the pie I made. I promised you that if you did touch the pie, I would spank you."

A look of relief came over David. "Now that I've broken my promise," he said, "I think it would be all right for you to break yours, too."



## ENGAGE

Engage fully in life. No matter what you do, be present, hold your heart open and your mind will follow. Join a women's circle, a couples circle, a neighborhood circle, a global circle. Talk to people, write to people, fax, e-mail and page people. Share ideas and experiences with new friends, old friends, strangers. When something tickles you, laugh out loud. When electricity runs through a crowd, catch the fever. Go to meetings and speak your mind. Listen to live music whenever you can-or perform it. Support local artists-or be one. Read, vote, comment, protest, question, participate. There are a thousand ways to engage in life. Just pick one. Get out of your chair and out of your house. Ask someone to give you a boost. Get engaged now-and be wedded to life.

365 Words of Well-Being for Women by Rachel Snyder

When the world says,  
"Give up,"  
God whispers, "Try  
it one more time."



### BRIGHT IDEAS!!

### GREAT IDEAS!!

### GRAND IDEAS !!

- ◆ **Get Organized**- Contact M. Colleen Klimczak  
Certified Professional Organizer  
[www.peaceofmindpo.com](http://www.peaceofmindpo.com)
- ◆ **Boost Your Brain**-Visit these websites for lists of ways to boost your brain power:  
<http://www.prevention.com/7waystoboostyourbrain/>  
<http://litemind.com/boost-brain-power/>
- ◆ **Eat Better/Eat Together**-Eat together and have fun as a family. Celebrate family meal time  
<http://nutrition.wsu.edu/ebet/index.html>

## Kid's Corner

### 5 Things Every Kid Should Do Growing Up:

- ◆ Learn the value of money
- ◆ Make a meal for the family
- ◆ Do chores without being paid
- ◆ Learn the family's history
- ◆ Have a dream for the future and an adult who believes in that dream.



101 Things Every Kid Should Do Growing Up-Alecia T. Devantier

Think Pink  
Think Pink  
Think Pink  
Think Pink



- ◆ Say a special prayer for women who have been diagnosed with breast cancer.
- ◆ **Thank** God for all the breast cancer survivors you know.
- ◆ **Educate** yourself on breast health.
- ◆ **Visit** these websites and “take action” at one of them:  
www.pinkdoornonprofit.org;  
www.thebreastcancersite.com;  
www.cancersupportcenter.org;  
www.fayeslight.org

## Minding Her Business

A look at Moms who run their own businesses.



★ **Personal Child Stories (www.personalchildstories.com)** was founded in 2007 by Shara Lawrence-Weiss. **Personal Child Stories** turns your photos into a customized learning tool where each book will be as unique as each child

★ **MW:** Why did you choose this particular business?

★ **Shara:** I saw a need in the market and wanted to fill it! My son was born with numerous medical complications in his eye. His right eye had to be removed. I needed something that would help him learn a few particular behaviors so I created two custom books for him to use at home!

★ **MW:** Are you strictly an online business or do you also have a store?

★ **Shara:** My books are sold online at my site (www.personalchildstories.com)  
★ Note: “I Can Count to 10 in ASL, English and Spanish” can also be found on the Signing Families site (www.signingfamilies.com) and now at Harris Communications (www.harriscomm.com).

★ **Shara's Advice:** I always say... “If you believe your idea has merit, don't give up!” You will want your friends and family to be supportive but that might not happen right away. Some folks take a while to jump on board. Be patient with others and with yourself. Everything great takes time! We can learn from our mistakes and pitfalls. Don't allow those things to get you down. Mistakes are oftentimes our best learning tools. Make sure that there is a market for your item/service. Ask lots of questions and research as much as you can. If you see a need in the market, JUMP. If not...be wise and don't assume that you'll be able to sell something that millions of others are already trying to sell – and could most likely sell for less than you. Wisdom is really your greatest asset here – so use it wisely ;-)

Take time to play.  
It is the secret of perpetual youth.

Take time to laugh.  
It is the music of the soul.

### October Boosters

- ◆ Smile at a stranger
- ◆ Dance by yourself
- ◆ Give something away
- ◆ Relive a happy moment
- ◆ Clear your mind
- ◆ Expect the best
- ◆ Break your routine