

SEPTEMBER 2025

hello, friend!

I COULDN'T BE HAPPIER THAT YOU'RE HERE!



Hey friend, it's so good to be back in your inbox sharing my newsletter! I had to take a step back due to dealing with moderate cataracts since January, that have greatly impacted my vision! I am happy to report that surgeries have begun and I am beginning to see better than ever! Whew....I am so glad I can get back on track sharing what I love with you all.

With school back in session and a fresh season rolling in, September always feels like a mini New Year to me. I'm excited to share a few things I think you're going to love, like a favorite football-season recipe, the ultimate fall wreath roundup, and the secret to making money from home.

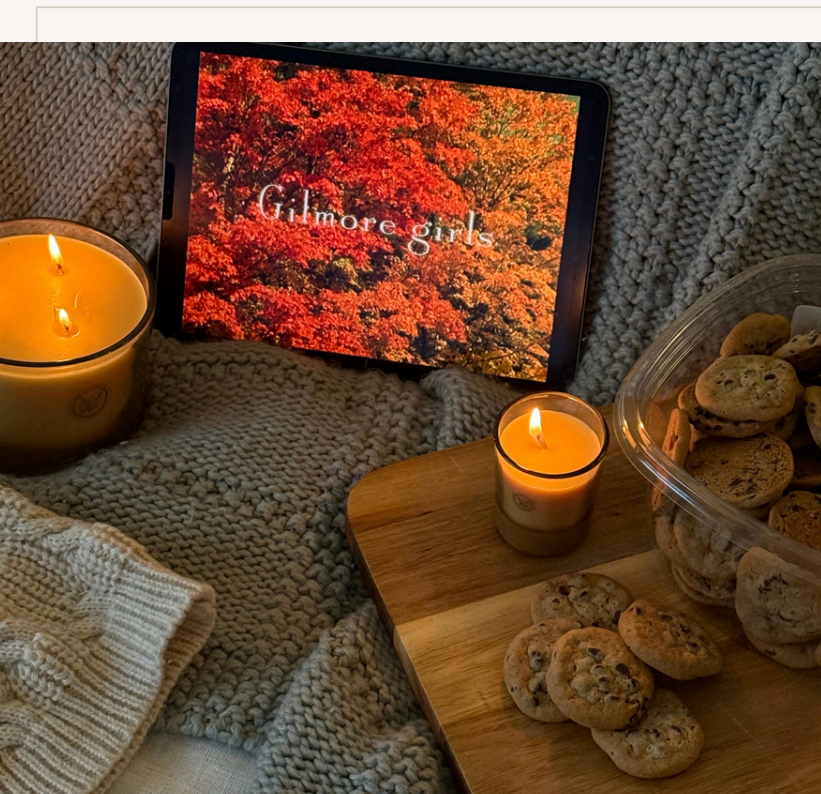
Let's dive into this month's favorites and fall feels!

Fall... but not that Fall

How to decorate before it's *FULLY* pumpkin season!

That early fall window is tricky. It's still 85 degrees outside, but Target already has skeletons on the shelves and you're *this* close to buying a caramel apple-scented essential oils and candles.

So how do you decorate for fall when it's not quite Halloween—but you're over summer? Here's your transition-season cheat sheet:



Lean into earthy textures

Think wood tones, woven baskets, linen, and soft knits. These pieces feel cozy but not costume-y—and they play well with both your summer leftovers and your incoming fall finds.

Use a "harvest-inspired" color palette

Swap bright summer colors for warm neutrals like camel, rust, olive, and cream. You're channeling "cozy farmhouse," not "full pumpkin patch."

Bring the outdoors in

Decorate with dried florals, wheat bundles, eucalyptus, or branches in a tall vase. It feels seasonal and intentional without screaming "Happy Halloween."

Go scent-forward

Set the tone with transitional scents like sandalwood, amber, fig, or vanilla chai. Save the pumpkin spice for next month and let these do the heavy lifting now.

You don't have to go full haunted house to feel the seasonal shift. This is the "cozy but not crunchy leaf" era and it totally deserves its moment.



The tailgate recipe

It's officially tailgate season, which means jerseys, chilly mornings, and snacks for game days.

If you need a crowd-pleasing, scoop-it-up-until-it's-gone kind of recipe, this is the one I make every year without fail (tweak to your liking). It's fresh, easy, and accidentally healthy. You're welcome.

- 1.5-2 cups canned black beans
- 2 cups canned corn (drained)
- 2 large tomatoes, diced
- 1/2 cup diced red onion
- 1/4 cup chopped green onion
- 1/4 cup chopped fresh cilantro
- 2 TBSP fresh lime juice
- Salt + pepper to taste

Toss it all in a big bowl, give it a good mix, and pop it in the fridge. It tastes even better if it chills overnight, but let's be honest, sometimes we're making it while the game's already on. It's forgiving. And delicious.

Serve with chips, tacos, or by the spoonful if you're "just taste-testing" like me. 🧑🏻♀️

ROUNDUP

Fall Wreaths

I know, I know it's still hot enough to fry an egg on the sidewalk and you're probably holding an iced coffee in one hand as you read this. But hear me out.

We both know how seasonal stuff works. If you wait until it feels like fall, all the good wreaths will be gone and you'll be stuck choosing between "leftover glitter pumpkin" or "mildly terrifying scarecrow." Not ideal.

Plus, I fully believe in the magic of setting the vibe. If I hang a fall wreath now, the universe will get the memo. Cooler temps, crunchy leaves, cozy mornings, they're on their way.

Pottery Barn



Target



McGee and Co



Target



Kirklands



Williams Sonoma

Making Side Money

without burning out



Let's be real earning extra income used to mean late nights, long hours, and basically zero time for anything that actually lights you up. And if you're juggling motherhood, work, and life, the idea of starting a side hustle might feel like one more thing on a very full plate.

But here's the good news: extra income can be earned any time and any hour, whenever you have pockets of free time! Thanks to this beautiful, messy, ever-evolving digital world we live in, there are so many creative (and realistic) ways to bring in extra income without sacrificing your sanity or your time with your people.

So if you're looking for a side gig that works with your life, not against it—here are a few ideas that are taking 2025 by storm:

📣 Become a Brand Ambassador

You don't need 10k followers to be the face of a brand you love. If you know how to show up authentically and connect with your people, you're already halfway there. Moms, multitaskers, and everyday women are exactly who brands are looking for. I am a Red Aspen Brand Ambassador and just love it! If you are interested in learning more, please reach out to me.

🏠 Sell Your Stuff (Yes, really)

Start with what you already have—old decor, barely-used furniture, or clothes you don't wear. Or try your hand at flipping pieces you find on Facebook Marketplace. A little sanding and a coat of paint can turn into real profit!

Start That Blog or Personal Brand

You don't need a huge platform to start sharing your story or your expertise. Blogs (or simple social posts!) can open the door to affiliate income, partnerships, and sponsored content and the best part? You get to talk about things you already love, like me!

Try Freelancing or VA Work

Spoiler alert: you've got more skills than you realize. From email management to graphic design to content scheduling, the online world is full of people who need what you can do. And guess who sets the hours? You do.

Sell What You Know

Turn your knowledge into an offer. Whether it's a course on organizing your home, painting watercolor florals, or building a digital product, people are looking to learn what you already know. You don't have to be the expert you just have to be a few steps ahead.





My September Moodboard



Fall is creeping in (slowly... very slowly if you're in the South), and I'm leaning into cozy routines, feel-good finds, and little sparks of motivation.


Here's what's on my September moodboard:


 **On repeat:** "Greedy" by Tate McRae — for when I need a mood boost and a reminder that confidence is a whole vibe.

 **Reading:** The Teacher of Auschwitz — a powerful historical fiction that's been sitting with me in the best way.

 **Quote I'm loving:**

"There's a seat waiting for you at tables you haven't even seen yet." A little reminder for anyone who's overthinking their next move.

 **Obsessed with:** This \$12 fall-scented candle I found at Target. It's called "Velvet Noir" and it makes my whole house smell luxurious.

 **Manifesting:** A cozy, focused September, less screen time, more outdoor FUN , and maybe (just maybe) finally organizing that one closet I keep pretending doesn't exist.

Want to create your own moodboard? Screenshot this and add your own picks, or reply back and tell me what's inspiring you this month!

Stretch & Scroll

a quick reset for busy days



How many of us start the day by opening our phones or checking email from the couch, hunched over like a gremlin? (Guilty.) But what if we turned that habit into something a little more... life-giving?

It's exactly what it sounds like, it's light movement you can do while checking emails, voice messages, or scrolling social. It's not a workout. It's a reset. And it feels so good.

Here's my go-to 5-minute routine:

1. **Neck rolls** – 3 slow circles in each direction
2. **Shoulder rolls** – 10 forward, 10 back (great for releasing that tech tension)
3. **Side stretch** – One arm overhead, lean gently side to side
4. **Seated spinal twist** – Sit cross-legged, twist gently to each side
5. **Forward fold** – From standing, hang heavy and breathe for 3 deep inhales

You can do this in pajamas, no yoga mat required. Just you, your phone, and five minutes to feel like you again. Try it tomorrow morning before the chaos kicks in.

Clinically studied herbal complex:

12 menopausal
symptoms supported*

62% better results
than placebo*

0 side effects of
typical HRT reported*



New Product Launch

I cannot keep this to myself. When I first heard this was launching by Young Living, I legit did a little happy dance in my kitchen. I've been waiting for something like this and it's finally here!

This new product just announced at the Young Living Convention is called "Daily Hormone Essentials" it is a hormone-free women's hormonal health supplement that blends clinically studied botanicals, adaptogens, and essential oils into a fast-absorbing gel. It supports healthy energy, libido, mood, restful sleep, cortisol balance, and everyday stress management, while promoting comfort through hot flashes, night sweats, insomnia, and fatigue. All that without added sugar, or the side effects of typical hormone therapy.*

Simply sip and feel like you again at every stage of life.*

Here's how to get your hands on it:

<https://www.youngliving.com/us/en/product/daily-hormone-essentials>

Let me know what you think, I'm seriously obsessed and think you will be too.



New Fall Press On Nails

🍂 Fall Just Got More Fabulous — Red Aspen's New Permanent Fall Nail Dashes Are Here!

Say hello to sweater weather and goodbye to salon stress. Red Aspen's latest Fall Permanent Collection is packed with cozy glam, from rich mocha browns to berry tones and pumpkin pigments that scream PSL season. These press-ons are here to stay, giving you long-lasting style with zero fuss.

✨ Flawless Mani in Minutes, that match your fall vibe.

🛒 Shop now and grab your favorites before they sell out!

👉 Explore the Fall Nail Collection here at www.BarbeesHive.club



until next month!

I just want to say thank you. Really. The fact that you open my emails, show up, and support what I'm building means more than you know. I hope you have a fantastic September!

If there's something you'd love to see more of—topics, products, encouragement—hit reply and let me know. I want this space to feel like your space too.

Barbee xoxo